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Triathlon PLUS Welcome

ISSUE 91 / APRIL 2016

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SEE PAGE 70

“ It can be a hard slog getting back into your training pattern. I’m finding plenty of excuses to not venture outside including injury, storm Imogen and old, underperforming kit that needs updating.

However, the one thing driving me forward is a half marathon in April I signed up for last year as a springboard into triathlon fitness and an attempt to increase my distances.

It’s important to push yourself forward into unknown territory, which is why I have a lot of respect for our 70.3 first timer (p38) who is steeling himself for his longest triathlon to date, Ironman 70.3 Staffordshire. We hope you’ll be inspired by his training plan and if you’re really committed, enter our competition to win a VIP package to the sold-out event to race alongside him.

Another inspiration is endurance swimmer Adam Walker. He talks exclusively to us about his unique swimming technique, which allows him to power through huge bodies of water. There’s plenty of tips to be gleaned whether you’re swimming a sprint distance or full triathlon.

We also meet up with Bolton Triathlon Club whose coaches are full of expert tips to see you through all three disciplines.

We’ve packed plenty of motivation into these pages, now it’s up to you to get going!

Debbi

Debbi Marco, Editor

Get in touch...
twitter.com/TriRadar
facebook.com/TriathlonPlus



Don't miss this month



Ocean walking

Adam Walker reveals his unique technique for endurance swimming
P30



70.3 first timer

Follow his training plan and win VIP entry to 70.3 IM Staffordshire
P38



Tested: race tyres

Our test team put 25mm rubber to test to see which rolled fastest
P60



ON THE COVER

A swimmer exits the water at IM Barcelona
Photo Alex Capparos/Getty Images for Ironman

ISSUE 91 / APRIL 2016

Meet the Triathlon Plus team

Get up close and personal with our team who help create your magazine packed full of news, tips and training advice.



PHIL MOSLEY

Over the last couple of months coaching editor Phil has been steadfastly working his way through the new Ironman University Coaching Certification program. Thankfully he passed, so now he can return to his routine of childcare, writing and coaching triathletes via his business myprocoach.net. In his precious spare time, he likes to go training.



GUY KESTEVEN

Guy Kesteven has been testing bikes and components professionally for 18 years, and was riding every bike he could try for a decade before that. That gives him an unparalleled knowledge base to compare everything from affordable first bikes to state-of-the-art superbikes.



AMY KILPIN

Our columnist Amy is an age-group long distance triathlete and a world champion qualifier in both ITU and WTC racing. She documents her triathlon success in both her Triathlon Plus column and on her website, amykilpin.co.uk.



GILL CUMMINGS-BELL

Gill is an exercise and nutrition scientist who specializes in sports nutrition management for training, performance, recovery and body weight management. Gill has been a fitness professionals' education consultant and international presenter on nutrition for more than 30 years. Gill leads the field of research in nutrition, exercise and teacher training in the UK. drummondclinic.co.uk



STEVE TREW

A leading triathlon coach and commentator, Steve has been in the game forever. You've probably heard his dulcet tones commenting on televised triathlons. You can reach him for coaching advice and details of his training camps at trew@personalbest.demon.co.uk.



FIONA DUFFY

News editor Fiona started running 15 years ago, but after seven marathons (and constant injury) she switched to triathlon and has managed to remain pain-free. She's completed various distances, including a half-ironman and overcome a terror of clip-in shoes and open water in the process. She completed her first Iron distance last year.

Triathlon **PLUS**

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INSPIRATION, COACH AND BIGGEST COMPETITOR



MEET BOLTON TRIATHLON CLUB
WORK ON YOUR CATCH, GET YOUR BIKE READY FOR
WINTER RIDING AND BUY THE RIGHT TRAINERS



WIN!
We've got a copy
of Adam's book
'Man Vs Ocean'
to giveaway

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ADAM WALKER REVEALS HIS 'OCEAN WALKER' SWIM TECHNIQUE



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PERFORMANCE ALUMINIUM
IT DOESN'T HAVE TO BE CARBON TO GO FAST AND LONG



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£500 VIP
IM 70.3
Staffs entry
and spectator
package

38

FIRST TIMER 70.3
FOLLOW MATT BEALE AS HE STARTS TRAINING FOR IM 70.3 STAFFORDSHIRE



Ben Dijkstra is triathlon's brightest star



FLYING THE FLAG FOR BRITISH TRIATHLON

Congratulations to rising star Ben Dijkstra who has joined British Triathlon's 2016 UK Sport Lottery Funded World Class Performance Programme.

WE SAID BEN was one to watch when he appeared in Up to Speed last summer. Now the 17-year-old joins the podium potential squad.

It's even more staggering when you consider the teen only discovered the sport by chance – after reading a triathlon magazine at the age of 10. He went on to win double gold at the Nanjing 2014 Youth Olympic Games as a 15-year-old and enjoyed a glittering season last year, which included winning junior gold at the ITU World Duathlon championships.

He is joined in the ranks by Heather Sellars. The talented swimmer (she swam

the English Channel at 18) only took up triathlon when she began her studies at Leeds Beckett University in 2012.

She has since taken gold in the ETU European Sprint Championships and silver at ITU World Sprint Championships, as well as winning a silver medal from the 2014 World University Games leading her to postpone her studies to concentrate on triathlon full time.

Former squad members Matt Sharp and Aaron Harris have transitioned off the programme, but will continue competing, says British Triathlon.

British Triathlon performance director

Brendan Purcell said: "We have a major focus on Rio's Copacabana Beach this summer for the Olympic and Paralympic triathlon events, but this is also year zero of our Tokyo 2020 cycle.

"We have distinct groups of athletes now; those working towards Rio and those looking further into the future. It's exciting to be able to add someone like 17-year-old Ben Dijkstra to the programme alongside our Olympic athletes, Alistair and Jonny Brownlee, Non Stanford and Vicky Holland."

The paratriathlon squad remains the same, with the addition of Stefan Hoggan

Stefan Hoggan was a late addition



Heather Sellars is a GBR hopeful



who joined mid-way through the season.

Hoggan, a former competitive performance swimmer for Scotland, switched to paratriathlon after missing out on selection for the Paralympic Games in London in 2012 and the Commonwealth Games in Glasgow.

After retiring from swimming, his name was passed to British Triathlon who spotted his potential for Rio, where Paratriathlon will be introduced for the first time. He was invited to attend trials and training camps and hasn't looked back.

The major focus for British triathletes will be on later season events, including the Columbia Threadneedle World Triathlon, Leeds (11-12 June), the Olympic Games (18 and 20 August), Paralympic Games (10-11 September) and ITU World Triathlon Grand Final in Mexico (11-18 September).

Here's a full list of the potential stars of 2016. We're sure they'll be gracing podiums on our news pages and race reports over the next 12 months and hopefully bringing home Olympic medals..

THE OLYMPIC TEAM

British Elite Triathlon Squad Podium Squad

Adam Bowden, 33, Watford
Alistair Brownlee, 27, Leeds
Jonny Brownlee, 25, Leeds

Vicky Holland, 29, Gloucester
Helen Jenkins, 31, Bridgend
Non Stanford, 26, Swansea
Jodie Stimpson, 26, Oldbury

Podium Potential Squad

Marc Austin, 21, Glasgow
Gordon Benson, 21, Leeds
Tom Bishop, 24, Derby
Mark Buckingham, 30, Holmfirth
Miles Burton, 19, Bath
Morgan Davies, 21, Porthcawl
Ben Dijkstra, 17, Loughborough
Grant Sheldon, 21, Hamilton

Lois Banks (Rosindale), 25, Leeds
Sophie Coldwell, 20, Nottingham
Lucy Hall, 23, Lutterworth,
Jessica Learmonth, 27, Leeds
Sian Rainsley, 18, Coventry
Heather Sellars, 25, Leeds
Georgia Taylor Brown, 21, Manchester

British Elite Paratriathlon Squad

David Hill, 26, Bath, PT4
Phil Hogg, 46, Derby, PT1
Andrew Lewis, 32, Gloucester, PT2
Stefan Hoggan, 23, Fife, PT4
George Peasgood, 20, Saffron Walden, PT4
Ryan Taylor, 22, Derby, PT2
Joe Townsend, 27, Eastbourne, PT1

Clare Cunningham, 38, Cambridge, PT4 (World Champion 2009)
Grace France, 27, Bristol, PT5 guide
Faye McClelland, 36, Eastbourne, PT4 (World Champion 2010, 11, 12, 13)
Alison Patrick, 28, Livingston, PT5 (World Champion 2014)
Melissa Reid, 25, Truro, PT5 (World Champion 2013)
Hazel Smith, 29, Edinburgh, PT5 guide
Lauren Steadman, 22, Peterborough, PT4 (World Champion 2014/15)
Nicole Walters, 26, Bath, PT5 guide

DON'T BE A DOPE



Allegations of widespread doping and corruption continue to plague the world of athletics with two reports from the World Anti-Doping Agency dominating news headlines. UK Athletics may even ask athletes to sign a pledge waiving their right to Great Britain selection for life if they are ever convicted of a serious doping offence.

While your local Super Sprint might be a million miles from the World Series, cheating is still cheating. So if you want to remain scrupulously clean while you race it's good to know what's acceptable.

UK Anti-Doping has published its new list of prohibited substances for 2016 which you can find on ukad.org.uk.

British Triathlon has also helped to develop a resource for the UKAD's 100 per cent me Clean Sport app (available on iTunes, Google Play or Windows Store) so athletes can be informed about what they are putting into their bodies.

Select triathlon as your sport and you'll see the BTF logo along with a comprehensive list of safe supplements.

The app will also enable you to check your own medication, learn more about the risks of supplements and find out more about testing procedures.

Promising that the app is always up to date UKAD will send out alerts for new substances added to the banned list and deadlines for "whereabouts" submissions.

Other features include the ability to record and store information about your medications for doping control, plus you can directly access the Report Doping in Sport online form.

BTF age group team managers have undergone UKAD training to help them support athletes who are competing internationally. Testing at these events has already been introduced.

You can find more information at britishathletics.org.uk/anti-doping/clean-sport-app/

> IM 70.3 WIMBLEBALL WILL FEATURE ITS FIRST ROLLING SWIM START ON 26 JUNE

NEWS IN BRIEF

BIG NEWS MADE SMALL

IRONMAN HEROES

Two selfless triathletes and a marshal abandoned Ironman 70.3 South Africa to save two swimmers who were caught in a rip tide. Alerted by shouts for help Ross Murray, and racers Martin Potgieter and Dylan Hartwig, rushed into the sea and spent 15 minutes bringing the swimmers to safety before returning to the race dripping wet, and crossing the finish line as Ironmen and heroes.

PROS LINE UP

Professional triathletes Yvette Grice, Jacqui Slack and Ben Allen will be on the start line of the inaugural Eastbourne Triathlon on 12 June 2016. Grice, winner of UK Ironman in 2010 and Challenge Henley in 2011, is set to start as favourite for the women's race – alongside Slack, winner of nine Xterra World Cup races. For more details see eastbournetriathlon.com

WIN WITH THE TIA

There's still time to enter the in-depth annual athlete survey by the Triathlon Industry Association, and be in with a chance of bagging one of 100 prizes from a £6k prize fund. The survey aims to help raise the profile of triathlon. Topics include membership of Home Nation Associations, technology, awareness of Go Tri initiatives and barriers to taking up tri. See research.net/s/UK_multisport_survey_2015. Entries close mid-March.

NEWS

WHAT'S SUP?

The 'dry' triathlon taking the sport by storm

DID YOU KNOW...
SUP IS THOUGHT TO ORIGINATE FROM SURFING INSTRUCTORS STANDING ON BOARDS TO PHOTOGRAPH THEIR STUDENTS



STAND UP PADDLEBOARDING, or SUP, has been featured in Up to Speed before but even we're surprised at the huge surge in popularity for this sport as a triathlon event.

According to an American study into paddlesports the number of participants taking part in SUP has more than doubled in just four years – from 1.1 million in 2010 to 2.8 million in 2014. And, true to form, it's also on the rise on British shores.

Instead of the traditional swim leg, for SUP triathlon racers complete the first third of the race on SUP boards paddling across the water to T1, before continuing the tri in the usual ride and run format.

SUPbikerun races made

their debut in 2014, now, another major series of races is launching this year. The triSUP series comprises five exciting SUP races across the Midlands and South of England, in breathtaking locations, with plans to expand the series in 2017 (trisupevents.co.uk).

"It aims to encourage people into triathlon who have previously been put off by the swim leg," explains founder Martin Barden who also set up UK Cycling Events.

Chris Kenyon, of Central SUP (centralsup.net) which runs SUP events and classes across the Midlands, says: "SUP is really accessible and achievable unlike some other water sports like windsurfing. You can be from eight to 80 and still grasp the basics in a one-hour lesson and you don't need wind or

waves, just a body of water.

"A lot of athletes are turning to SUP for training and injury recovery because it's so low impact but you're working muscles, building strength and giving the body a cardiovascular workout while the side-to-side stroke action and paddle technique complements swim training. It's a really all-encompassing sport and very spectator friendly."

Fans include retired Olympic champion Simon Whitfield. "I am absolutely loving SUP for so many different reasons, but the stand out is the chance to truly be alone," he says.

"The days on a bike where you're truly alone are few and far between; the opportunity to visit solitude, to take a deep breath with no cars and no drivers.

> THE INAUGURAL **CHALLENGE REGENSBURG** TAKES PLACE ON **14 AUGUST**

NEWS

"SUP is similar to mountain biking, but far less mechanical. The stroke feels similar to swimming, with the fundamentals being very similar without the constant black line."

The first TriSUP event, the Dragon is in Chepstow, Gloucestershire (8 May) followed by the Pioneer in Studland, Dorset (18 June); the Saxon in The Cotswolds Water Park, Gloucestershire (13 August); the Phoenix in Bewl Valley, East Sussex (11 September) and the Centurion at Grafham Water, Cambridgeshire (1 October).

Advances in shapes and materials have made boards lighter, more stable and cheaper. For participants who don't have their own board, SUP hire is available for both TriSUP and Surfdomo events.

Both race companies expect their team slots (on boards that hold up to eight people) to be popular.

This year's Surfdomo SUPbikerun races are being held at Llandegfedd Reservoir, South Wales (21-22 May); Alton Water, Suffolk, (30-31 July) and Bassenthwaite Lake, Lake District (24-25 September).

Eastbourne is also looking forward to its first SUP triathlon on 12 June.

Richard Campbell, race director, says: "SUPbikerun is a really cool new format and Eastbourne lends itself perfectly to offering this emerging multisport challenge.

"SUP has a great, active community in Eastbourne and we have the support of the local SUP manufacturers, Neptune. We are looking forward to bring the SUP community and the triathlon community together for a new event with a cool SUP-like vibe."

Visit eastbournetriathlon.com for details.

I'M STILL TRI-ING, SAYS POOLEY

Don't worry, the top triathlete is still in the game



Image: Powerman Zofingen, Raphael Galliker

EMMA POOLEY may be making a comeback on the cycling trail for the Rio Olympics but insists that triathlon and duathlon are still her main sports.

Double silver Commonwealth and Olympic medalist Pooley, 33, retired from cycling so she could concentrate on triathlon and other endurance events.

But the petite athlete, renowned for her speed on hilly courses, has decided to target the challenging 29.8km time trial, and may also support Lizzie Armitstead in the road race.

"This is a truly rare opportunity that I can't resist," she said.

The time trial course in Brazil features the infamous 1.2km, seven per cent average gradient Grumari climb and it's this which has tempted Pooley to return to Olympic cycling.

"I've decided it's worth a serious attempt at targeting that event," she said. "If I can prove to myself and the GB team selectors that I have the

capacity to win the time trial in Rio, I'll compete for selection for the Olympic team.

"I have no desire to go to the Rio games and sacrifice some of the most exciting triathlon races of the season just for the experience of another Olympics – I'm committed to aiming for gold.

Just one month after entering multisport events in 2014, Pooley not only won the ITU Powerman Long Distance Duathlon world title in Zofingen but smashed the course record by a whopping 16 minutes.

She went on to defend her title last summer and also notched up impressive victories at the Alpe d'Huez and Embrunman.

"Looking back on 2015, I can honestly say I'm delighted with how my first full season of triathlon and multi-sport has gone. I am full of gratitude for the opportunities I've had: some amazing races in beautiful locations, memorable experiences, and meeting some wonderful people."

TOP FORM

THE GREGATHLON

Radio 1 DJ Greg James is attempting five triathlons in 5 days for Sport Relief

THE NOOSA TRIATHLON

claims to be the biggest in the world

LONDON CYCLISTS

will outnumber cars at rush hour within the next few years

JACK JOHNSTONE

the legendary co-founder of triathlon dies aged 80

FEMKE VAN DEN DRIESSCHE

The Belgian is caught with a motor in her bike at Cyclo-cross World Championships

DERBY CITY TRI

has been cancelled due to poor demand

CRAIG ALEXANDER

is forced to withdraw from IM Geelong 70.3 due to mechanical issues

SUPER SERIES

It's the end for British Triathlon's domestic elite competition



> **TEAM RAMSAY WILL BE RAISING MONEY FOR GOSH AT 70.3 STAFFORDSHIRE**

ON OUR RADAR

SEALSKINZ RUN RANGE

from £10.00 sealskinz.com

Top endurance brand Sealskinz has just launched a new range for runners to keep hardened racers warm and dry however compromising the conditions.

Among the new offerings are no-show run socks and halo running gloves, £35. Perfect for the chilly winter months.



ZOGGS GOGGLES

£20 zoggs.com

We've got 20 pairs of Zoggs new Aqua-flex smoked goggles worth £20 each to giveaway.

Designed to offer medium protection against the sun and bright light they are

ideal for triathletes who train in changeable conditions. Check out our next issue to see our goggles test and how the Zoggs Aqua-flex measure up.

TO WIN ENTER AT TRIRADAR.COM



SKINS DYNAMIC RUNNING TIGHTS

£70 skins.net

A giant in the world of compression gear, SKINS has introduced its Dynamic Gradient Compression to its second tier range of gear. The technical fabrics provide support and stability to active muscles along with moisture management and UV50+ protection. The citron and black colour block design ensures you'll look as good as they feel.



RIO ANITA ACTIVE SPORTS BRA

£48 figleaves.com

If you're looking forward to the 2016 Rio Olympics and are after a fun way to show your support, try this new Anita sports bra available in sizes 32-42 B-H/30-44 B-G. Aside from the Olympic colourway, it's offers great support for chests of all sizes, something that no female triathlete should skimp on while training or racing.



WE BRING YOU THE **BEST TRIATHLON PRODUCTS**
AND **LATEST GEAR** TO HIT THE SCENE

ENDURA FS260-PRO SL THERMAL WINDPROOF JACKET

£129.99 endurasport.com

Staying warm and looking good on the bike is a top priority for any discerning cyclist, and this latest offering from Endura ticks both boxes. The four-way stretch windproof fabric has a thermal grid lining on the front and sleeves, while the thermal rear panels are breathable and wick away sweat. To keep out the gales the jacket sports a high-cut, double layer collar as well as seamless, extended cuffs for improved glove integration. The athletic fit has a full-length front zip along with three generous rear pockets with a zipped security pocket.

Available in black, red and bright high-viz green in sizes S-XXL.



TORQ CHEW

£1.85 zyro.co.uk

We're big fans of the great tasting Torq range, and fell on the new Torq chew with interest. An alternative to gels, the organic cold pressed chew (which tastes a bit like a Refresher bar) is a satisfying energy provider that contains 30g carbs and no nasties such as added colours, flavours, preservatives or artificial sweeteners. Available in pineapple and mango.



LOVE SMOOTHIES

£4.79 for 5 x 140g lovetaste.co

It can be difficult to refuel in a rush, but these frozen smoothie portions could be just thing to revolutionise your pre or post training session. Simply empty the contents of a bag into a blender, add your choice of apple juice, almond milk or coconut water, a scoop of protein powder if you desire and blend for 30 seconds. There's a choice of blends including Broccoli and the Beast, which has broccoli, mango, spinach, pineapple, banana and celery as well as Berry go Round, with strawberry, raspberry and blackberry.

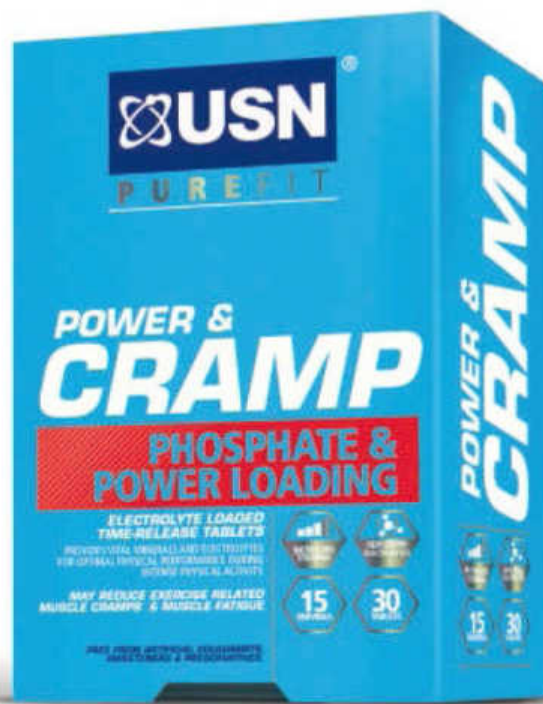
Available from Sainsbury's and Ocado.



USN POWER CRAMP

£5.99 usn.co.uk

If cramping out of T2 or on long training runs is a problem for you, take a look at these time release tablets from USN. The mix of electrolytes and minerals, which includes phosphate, magnesium, vitamin B6 and sodium bicarbonate, has been carefully formulated to support your muscles when you're being pushed to your limits. It is recommended you take them before and during endurance events, and you can even pre-load three days before a big event.



ON A ROLL

SECRETS OF SUCCESS

TRI TRICK

PUMP IRON



CATHERINE JAMESON

Catherine had her heart set on joining the police force until friends signed her up for a last-minute triathlon and unleashed a world-class talent



CATHERINE JAMESON

Age 31 **Home** Loughborough, Leicestershire **Day job** Professional triathlete **Career highlights:** Swimming nationally and trialling for the Olympics and Commonwealth Games while at Loughborough University; winning every single Castle Triathlon event in 2015 – becoming race series winner; reaching the 5150 World Championship final three times; winning the 5150 Zurich triathlon in July 2015

I WAS a good swimmer and competed nationally while at Loughborough University but cycling consisted of riding a rusty old mountain bike to lectures, and I hadn't run since school cross country days.

Five years ago, I was supporting my fiancé Joel Jameson (now my husband and a professional Ironman), at the national club relays in Nottingham and joked about having a go at the sprint triathlon the next morning.

Later that day, he and his TFN teammates announced they'd signed me up.

Although I'd never swum

in open water before and struggled on the 5k run I ended up coming third.

In my first Olympic race, I qualified as an age-groupier for the World Championships in Budapest. After coming fourth in my age-group I began to take it more seriously and turned professional in 2013.

For three years I qualified for the 5150 World Championships final in Des Moines, and last year I stepped up to 70.3 distances.

I was unable to run for three months last spring due to injury which reflected in my results, but I was thrilled

to podium in some Challenge races and I also achieved my goals of winning the 5150 in Zurich and the Embrun Olympic distance.

Back at home, I won the Castle Triathlon Series.

This year, my aim is to win a Challenge race and compete at the World Long Distance Champs in Oklahoma in September. I have some great sponsors including Sarto and Spin Industries. Plus I joined Team Pedal Cover alongside triathletes such as Vicky Holland and am looking forward to a great season. catherinejameson.co.uk

The National Diet and Nutrition survey warns that endurance, female and vegetarian athletes are at risk of iron deficiency.

According to experts, athletes should ensure their diet contains at least the RNI for iron (8.7mg a day for most men; 14.8mg a day for most women) by increasing their intake of iron-rich foods including red meat, and have their iron levels checked several times a year. Ask your pharmacist or GP for details.

Vegetarian athletes should eat iron-rich plant foods such as beans and pulses, daily and consider a mineral supplement.

If you're not getting enough iron from your diet, try a supplement like Spatone Apple (Holland & Barrett; £10.55 for 28 sachets).

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TRI TRICK

SECOND OPINIONS

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more than a third of Brits would seek a second opinion on musculoskeletal issues like muscle, bone or joint pain. (A good decision when experts say it can reduce the risk of misdiagnosis by 90 per cent).

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It claims specialists have corrected a quarter of cases and helped 15% of patients avoid unnecessary treatment.

RACE THIS

THE BEST PLACES TO TEST YOURSELF

DETAILS

What The Keswick Mountain Festival Triathlons
When 21-22 May 2016
Where Keswick, Lake District National Park



KESWICK MOUNTAIN FESTIVAL TRIATHLONS

A weekend of multi-racing against a backdrop of breathtaking views

WITH 16,000 outdoor-lovers expected to attend, triathletes will find themselves in the midst of others pushing themselves to the limit in open-water swims, cycling sportives and an ultra trail marathon.

When not racing make the most of activities like ghyll scrambling and stand-up paddling water sports or listen to inspirational speakers at the lakeside theatre.

The festival runs over three days with the shorter triathlon (400m swim, 18km bike and 5k trail run) on Saturday 21 May, with the longer distance (800m, 35km and 10k trail run) the following morning.

As the event falls early in the race season, organisers recommend racers don swim socks, gloves and neoprene hats along with their wetsuits for the predicted 14 degree swim. They also advise beginners to make sure they're

acclimatised to chilly waters.

To celebrate the festival's 10th birthday (although the triathlons have only been running for five) organisers say this year's will be the best yet with a packed schedule, bigger capacity for races and the launch of the KMF Triathlon Club Cup.

To qualify for the cup, a minimum of four individual competitors must complete either the short women's triathlon, short men's triathlon or long triathlon. The team with the lowest total of finishing positions will win a trophy, £250 and free entry to defend their title in 2017.

Entry starts at £45 (or £63 team) for the shorter distance or £50 individual (or £66 team) for the longer distance, and includes a finisher medal, T-shirt electronic chip timing, KMF swim hat, pasta party and a free concert ticket. See keswickmountainfestival.co.uk

THEY SAY...

Lucy Scrase, KMF sporting director

“The KMF triathlons offer routes set in the most stunning locations with views of the Catbells fell and Skiddaw mountain; the open road cycle routes take competitors through beautiful landscapes while the runs are on trails through woodlands with amazing vistas of the lake. The triathlons start and finish at the heart of the festival, and competitors will finish in a carnival atmosphere applauded by friends and family.”

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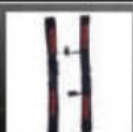
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CHALLENGE MELBOURNE

Unsurprisingly it was an Aussie-dominated podium at Challenge Melbourne

WHAT CHALLENGE MELBOURNE

WHERE MELBOURNE, AUSTRALIA
WHEN 31 JANUARY

WINNER TODD SKIPWORTH (AUS) 3:51:13
ELLIE SALTHOUSE (AUS) 4:11:03

Last year's Challenge was cold, wet and treacherous while the previous year's event saw temperatures tip a sweltering 40 degrees.

So there was relief all round when the city woke to perfect racing conditions and it was light winds and mild temperatures for the first Challenge race of the season.

Defending champion Leon Griffin was hoping to reclaim his title but hadn't counted on a blistering performance from fellow Australian Todd Skipworth, who was determined to better his fifth place finish from 2015.

Skipworth exited the water a full minute ahead of his rivals and cemented his lead as the race progressed.

Only Germany's Per Bittner managed a faster split time for the bike (2:07:44) by a mere five seconds, but by then Skipworth was blazing a trail to the finish line with the fastest run of the day (1:15:42).

The Aussie hero made light work of the undulating surfaces and tight corners of the new three lap run overlooking Port Phillip Bay and was roared home by a patriotic crowd.

Bittner took second place on the podium cheered across the finish line by partner and fellow elite Yvonne Van Vlerken who had sadly withdrawn from the women's race. Griffin might have lost his crown but ran across the finish, in touching style, with his young son hoisted onto his shoulders.

Afterwards Skipworth said: "I was able to get a little break in the swim and capitalised on that, before jumping on the bike where I was pretty strong... coming off the bike the legs felt good."

In the women's race fellow Aussie,

Ellie Salthouse played to her strengths and powered away from the field in the run to claim first place honours ahead of fellow Aussies Natalie Van Coevorden and Carrie Lester.

With Annabel Luxford also out of the race with mechanical issues it was left to Salthouse and Van Coevorden to battle it out for the top podium spot.

Competing in her first half distance event, Van Coevorden made Salthouse work for her victory by taking a two second lead on the swim but was unable to hold off Salthouse who edged into the lead during the 90km cycle and crossed the finish with a four minute lead.

Addressing the crowd after her win, a jubilant Salthouse declared: "The swim was really good this morning. It was great to have Nat and Annabel up there with me. After a few kilometres into the bike leg, I was able to take the lead."



Ellie Salthouse takes the podium top spot

Words Fiona Duffy Photos Challenge Family

Elite results

Top 3 men

1. Todd Skipworth (AUS)	3:51:13
2. Per Bittner (GER)	3:56.05
3. Leon Griffin (AUS)	3:58:41

Top 3 women

1. Ellie Salthouse (AUS)	4:11:03
2. Natalie Van Coevorden (AUS)	4:15:14
3. Carrie Lester (AUS)	4:19:50



IRONMAN 70.3 SOUTH AFRICA

GBR's Jodie Swallow makes it an impressive six in a row in South Africa

WHAT STANDARD BANK IRONMAN SOUTH AFRICA 70.3

WHEN 24 JANUARY

WHERE BUFFALO CITY, SOUTH AFRICA

WINNERS JODIE SWALLOW (GBR) 4:23:29

MATT TRAUTMAN (RSA) 4:01:53

Great Britain's Jodie Swallow has stolen victory at this race for the last five years – clocking up two course records in the process.

So all eyes were on the Brit to see if she could take the podium top spot for the sixth successive time. Once again she delivered, setting her third course record.

True to form, Swallow, 34, blazed a lead from the moment the race started carving out a three minute swim at Orient Beach lead ahead of Lucie Zelenkova (CZE) and fellow Brit Susie Cheetham.

By the half-way stage of the bike Swallow had expanded her lead to 10

minutes ahead of Germany's Astrid Stienen and cleared another five minutes by the time she entered T2.

After an effortless run on the flat, two-loop course, she crossed the line almost 20 minutes ahead of Stienen in second and Annah Watkinson of South Africa who took third.

Sadly, her dreams of sharing the victorious top spot with her partner James Cunnama in a repeat of 2014 were not to be.

Great Britain's Mark Threlfall led the swim before defending champion Matt Trautman and team-mate Kyle Buckingham (RSA) struck out ahead.

By the time they hit the 45 kilometre mark, the two leaders were more than 3:30 ahead of a strong chase group including Cunnama, Threlfall and Germany's Konstantin Bachor.

Trautman entered T2 about 30 seconds ahead of Buckingham before adding a

consistent run which saw him steal victory for the second time.

With first place secured, the race was on for runner-up spot. Cunnama made a valiant attempt to snatch the silver spot but Buckingham pipped him to the post by just one second.

Elite results

Top 3 men

1. Matt Trautman (RSA)	4:01:53
2. Kyle Buckingham (RSA)	4:06:11
3. James Cunnama (RSA)	4:07:55

Top 3 women

1. Jodie Swallow (GBR)	4:23:29
2. Astrid Stienen (GER)	4:42:01
3. Annah Watkinson (RSA)	4:43:35



HITTING LIFE'S MILESTONES

Our columnist **Amy Kilpin** feels the bite of reaching a new decade and going up an age group

Already this is a milestone year for me. In January, I turned 30. I'd love to say something more interesting about it; that I plunged into the depths of despair, I had an epiphany or that I miraculously became wiser, but none of those things happened. Actually, absolutely nothing changed.

I had decided in 2015 that I didn't want to be at home for my 30th and do the conventional birthday celebrations. I wanted something memorable, and what is more memorable than a new race? As it happened, there was a race the day after my birthday: Ironman 70.3 South Africa.

This race was never going to be an important one in terms of my results. That wasn't the objective of my being there, after all. It was serving a purpose as a fantastic excuse to visit a new country and race in the

sun during the off-season. Oh, and to turn 30 doing something I loved.

Unfortunately I'd had a few setbacks in the lead up to the race. After my end-of-season break, I'd only been back in training since November. Then over the Christmas and New Year period I was away and ended up missing almost two weeks of bike training. In the second week of January, I was struck with the all-too-common winter flu and ended up not leaving my house for four days. Hence, no training.

I had a chat with my coach and we came to a mutual agreement that I wouldn't be fit to race this one so I'd just take it easy and treat it more as a training day. As I'd had the better part of a week off, we decided that a conventional taper wasn't necessary and that I would train right up until the race. I was pacified by the reassurance from my coach that despite the setback, I would still

be getting in a very respectable week of training and race practise that few others would be benefitting from in January.

I decided to head to Stellenbosch for some pre-race acclimatisation training. That meant 40 degree heat, an open air 50m pool, long rides on smooth roads surrounded by mountains and vineyards, a visit to the iconic Table Mountain in Cape Town, not to mention relaxing by the pool. As you can imagine the time went by in a flash. The good thing was that I was feeling more physically and mentally prepared to race.

During my short time in South Africa, I started hearing stories about this race. What I hadn't realised when I happily signed up for it was that it was apparently the second toughest Ironman 70.3 in the world. Oh, and there might be sharks in the water.

For all the South African competitors, it was the middle of summer so basically the equivalent of us racing in July, at peak fitness. Not many of us feel race fit in January. It is at the very nadir of the off-season, when we are all chasing off the festive weight-gain and trying to get motivated again. Add to that the heat, which we are definitely not used to at that time of year and a challenging course suddenly becomes a whole lot more challenging for a Brit abroad.

However, I'd decided to take it relatively easy on race day and use it largely as a training day. It meant a total no pressure race so I could essentially just relax and enjoy it.

The swim was extremely choppy, with big waves to contend with. I was quite a bit off my usual swim time but I was okay with that, as I swam relatively relaxed. I had a ridiculously long T1 as I couldn't find my bike bag and then I was out on to the very tough bike course. With 4,000ft of climbing it was definitely testing. The run also included nearly 1,000ft of elevation. Not to mention it was 28 degrees on race day.

Somehow, despite taking it easy, I managed to position 10th in my (new) age group and was 48th female overall out of over 500. Considering all the things that were going against me, I was very happy to take that.

More importantly though, I had an unforgettable experience. Pristine beaches, endless sunshine and some fun times with friends, old and new. That's the thing about travelling alone, there is always an opportunity to meet new people. This year marks a new age category for me, and I know many new and exciting adventures lie in wait. Those are the kind of milestones I'm talking about. Go out and make them happen. You won't regret it, I promise.



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YOUR NEWS, OPINIONS AND INSPIRATIONAL STORIES



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LETTER
OF THE
MONTH

Meet Iron-Elmo

IN 2012, while doing the Brentwood Half Marathon, I had nowhere to store my nutrition so grabbed my 10-year-old Sesame Street backpack.

He carried my essentials and when I ran, his arms bounced up and down so it looked as if he was going: "Yeah – come on!!"

Loads of runners talked to me during the race even just to say "Love your backpack" as they overtook.

Long distance sports can be quite lonely as people are either super serious or so caught up in hurting that they forget there are other people



around them. Elmo made them smile.

In May 2014, for my first triathlon Elmo came back out of the cupboard. I always look forward to putting him on in T1 – and he's become a bit of a legend at my triathlon club, Havering Tri Club.

Last summer we completed IM Staffordshire

70.3 (Elmo met winners Javier Gomez, left, and Lucy Gossage) and set up our own Facebook page (Iron-Elmo).

Our message is all about not giving up and pushing through the tough stuff. If I'm struggling then I will talk to Elmo (It beats talking to yourself!). I hope that Elmo might inspire others to take it up. Because "if Elmo can, you can!"

Nikki Warnes, Havering.

Editor says: Our news editor Fiona Duffy saw you and Elmo at the Outlaw and you certainly lifted her spirits in the long, wet marathon. Do any other readers have lucky mascots for races?



Letters win prizes...

If we pick your letter as Letter of the Month you'll win a Lazer Z1 aero helmet worth £199, courtesy of Madison madison.co.uk

TEAM ANGELWOLF UPDATE

Thank you for sharing our story in We're Inspired By (October 2015). Readers may remember that we raced every weekend last season – 14 races in 12 weeks – with our son, Rio, 12, who has severe special needs.

I wanted to tell you about our last, extra-special, race of the season. Usually, it's my husband Nick and Rio racing while our daughter, Tia, eight, and I support. But Tia decided she wanted to do this duathlon with her brother.

A week before Christmas Tia and Rio took part in the children's race of the Giant Duathlon by Race.ME, Dubai. Rio is 27kg and



the specially adapted pushchair isn't light but she didn't complain

once. On the last run leg more than 50 athletes ran with them. It was very emotional to witness.

Most importantly Rio loved the experience. (Watch it on YouTube by searching #TeamAngelWolf Tia & Rio). It was a unique bonding moment between brother and sister, where disability means nothing and we are so proud of them.

Thank you again for featuring us in your pages. We're very grateful. Please follow us on Facebook #TeamAngelWolf **Delphine Watson, Dubai**

Editor says: The video is truly inspirational. Well done Tia and Rio!

FROM FACEBOOK

What's the one thing you wish you'd known before your first race?

To eat more than a banana beforehand!
Melanie West

How much this 'addiction' was going to end up costing me
Geoff Wynn

You will find a dark place mid-marathon of your first Ironman. You just have to remember you trained for this and power through.
Joe Raymond

To arrive earlier so you can completely get your wetsuit on!
Annamaria Concannon

Lube everything.
Benjamin Tay

Immodium.
James Dando

That you need to get used to swimming in open water!
Kev Briggs

That I would still be alive afterwards to tell the tale.
David Holliday

Talc. Talc is good.
Andrew Falkingbridge

Join the conversation or just say hello to the team at Facebook.com/TriathlonPlus and twitter.com/TriRadar

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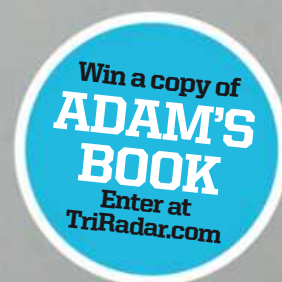
OCEAN WALKING

Adam Walker is one of a kind; the only man from the UK to have completed the Ocean's Seven - a transcontinental swimming challenge that saw him complete the seven toughest channel swims in the world

Words Ashley Quinlan

It's been a long journey for 37-year-old Adam Walker in more ways than one. He's dealt with serious injuries to both knees, his shoulder and bicep, yet still succeeded on his first attempt

to complete the Ocean's Seven challenge where only one other had before. Now a motivational speaker and coach alongside his swimming exploits, Adam tells us his story and the genesis of his pioneering "Ocean Walker" swim stroke.



It's funny," says Adam, reminiscing about his youthful dreams to be a professional athlete. "In my mind growing up I wanted to be one, but with all the injuries I thought I was just going to go down in history as one of those people who say, 'I could've been this, I could've done that'."

"I really didn't want to be that guy, and then I saw this film called *On a Clear Day* about a channel swimmer, and it got me thinking – I wonder if I could do that?" *On a Clear Day* depicts a fictional character who loses his job, then looking for inspiration, decides to swim the English Channel.

"I just thought this was it; it was what I wanted to do to set a few markers for my life," says Adam.

However simple Adam makes it sound, he still had to overcome his injuries and lack of open water experience.

BIG LESSONS

"The first time I went swimming after I'd decided to take on these challenges I only managed to stay in the water for 45 minutes. Then, on my first visit to an open-water lake I managed around 2km in 9 degrees and ended up being pulled from the water with hypothermia – not knowing who or where I was," he recalls.

"It was a big lesson, and I might've been forgiven for giving it up there and then, but I thought, 'no, if I'm stupid enough to do my first open-water swim in February then I'd better learn from it and do it properly!'"

Doing it properly meant travelling to Dover in the summer to train in the sea on his weekends while he held down a full-time job selling homeware in Nottinghamshire. His remarkable progress is testament to his commitment: "I had to drive three-and-a-half hours to get to Dover, swim six hours, then stay overnight, swim another five hours the next day, then drive home again.

"It was tough, but my progress from hypothermia to six-hour training sessions gave me the confidence that I could do the whole channel swim."

DEALING WITH THE PAIN

In 2008, Adam completed his goal of swimming the channel in 11:35 hours, despite an emerging shoulder problem. It limited the amount of training he could do so Adam added regular trips to a physio and local hypnotherapist to help him block out the pain. He had to tailor his training to suit his body, rather than train his body to suit his event.

Next, Adam set his sights on the Gibraltar Strait, but not before over a year of gym work as he tried to work out with doctors what was causing his

shoulder pain. In the end, it transpired that he had ruptured a bicep tendon, for which he had an operation. But Adam knew he had to do something else to relieve the strain on his body and keep his dreams alive.

"I was all arms, brute strength and power. But I started to take a different view when I looked at rotation in the swim. Most coaches that I came across taught how to rotate the shoulders and chest first, but I looked at other sports like boxing, shotput, kayaking and even running, which are all powered from the core," he says. "So, why don't we do what we do on land, in the water? It didn't make sense to me.

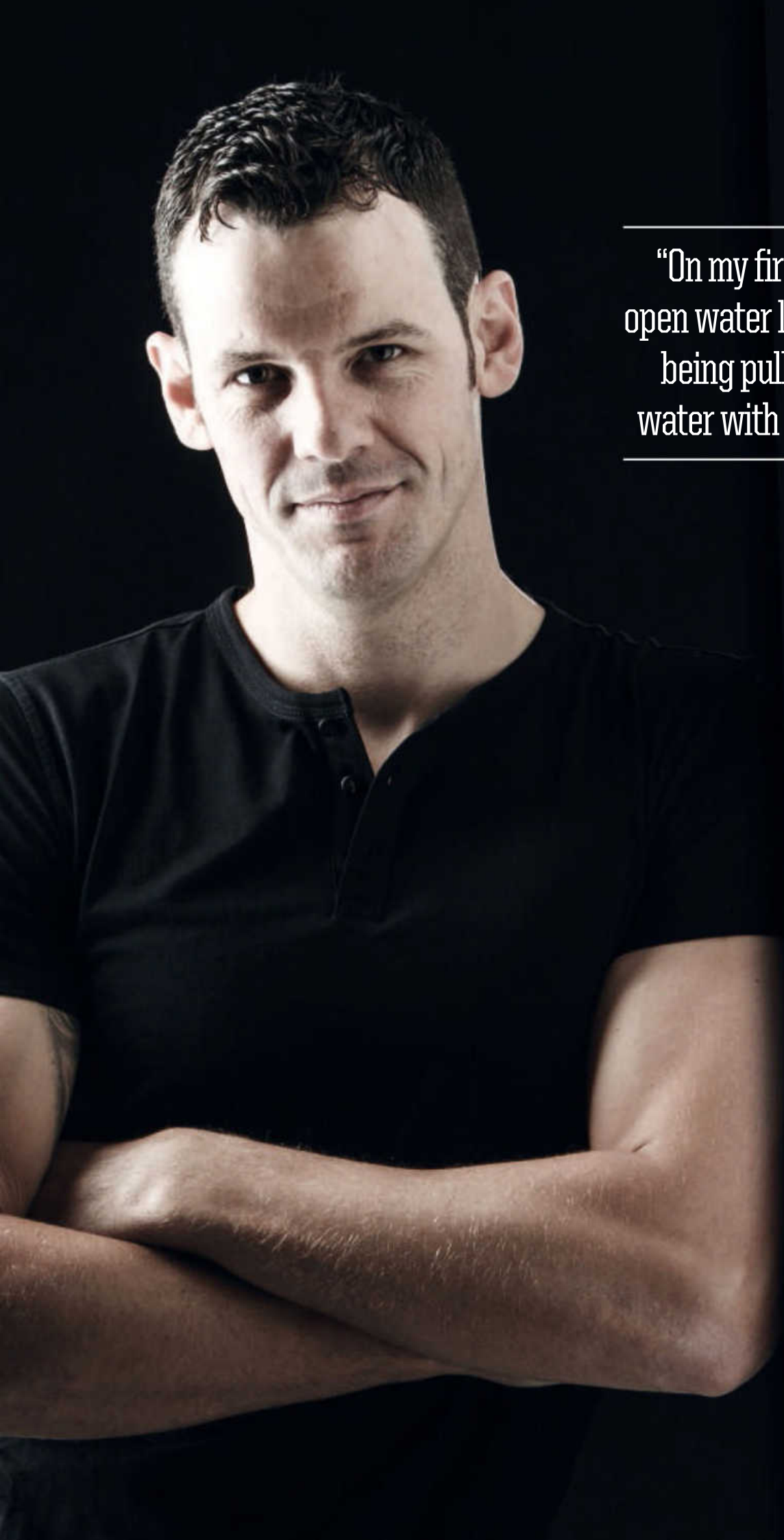
"So I looked at different ways that I could use my hips as the starting point of the rotation [rather than the upper body]. It meant I could use the core and hips to activate the stroke, and I found that each time I did this, I'd shoot forward with each stroke," Adam says. "The benefits were obvious when I swam in a static pool next to another guy, who was arguably stronger than me in the pool. We both swam at 1:20/100m pace, yet I was doing one stroke to his two."

Bolstered with new confidence, Adam went on to swim the Gibraltar Strait both ways and beat the British record for the first, single crossing. He continued on to complete the full Ocean's Seven challenge and now coaches endurance swimmers and triathletes. In the following pages Adam explains how you can train to use his unique "Ocean Walker" stroke.

To read more about Adam's inspiring story, pick up his book *'Man Vs Ocean'*, (John Blake Publishing, £17.99) from all good bookstores. To take full advantage of Adam's coaching expertise, visit oceanwalkeruk.com

ADAM'S SWIM ACHIEVEMENTS

- British record from Spain to Morocco
- First British person to swim from Spain to Morocco and back
- 2010 male winner in the Two Way Windermere swim
- First British person to cross 26 mile Molokai Straits in Hawaii
- First British person to swim the 16 mile Tsugaru Strait in Japan
- First British person to complete seven toughest ocean swims in the world



“On my first visit to an open water lake I ended up being pulled from the water with hypothermia”

OCEAN WALKER



DO IT LIKE ADAM

The Ocean Walker stroke relies on your core to power the rotation of the body, rather than the shoulders and chest. Here's how to boost your stroke

RELIEVE SHOULDER AND NECK STRESS

Use the lower half of your body to power your stroke, this means it's not necessary to use your shoulders and chest muscles to dominate your movement.

ADAM'S TIP: Try turning your feet out and tipping your top oblique down to start the rotation.



GAIN POWER

Because of the 90 degree rotation from side to side, less surface area is going through the water as you are never flat. That means you get less drag, increasing your speed. The rotation from the core creates a corkscrew powered motion generating more power as you are not pulling your whole torso through the water with your arms and shoulders.

ADAM'S TIP: When rotating from side to side, concentrate on keeping your head still as this acts as your rudder.

SAVE ENERGY

As a result of the powered glide and momentum that's created from the corkscrew rotation, it means fewer strokes are required. Adam now does up to 1,200 strokes less per hour than he used to, and is faster at the same time. This also saves energy, preserving your reserves for bike and run.

ADAM'S TIP: Hold your extended arm right to the last second before rotation takes place. Let the other arm pass the already extended arm before pulling back.



INJURY PREVENTION

Using muscles that are within the natural mechanics and patterns of the body, means the likelihood of injury is significantly reduced. Simply pushing your elbow around rather than over the top of your head keeps your shoulder free from compression. In addition, it reduces strain on tendons, the cause of Adam's original struggles.

ADAM'S TIP: Try to push your elbow around in a circular fashion, rather than winding high overhead, which potentially irritates your shoulder joint.

The principle of Adam's stroke and the key to fast swimming, is timing and relaxation, which saves you energy and effort. Try out these tips on their own first to build your confidence and efficiency, slowly integrating them for smooth and efficient swimming.

DEVELOP YOUR CORE STRENGTH

Use the gym for real fitness gains.

As Adam uses his core to power his stroke, it is vital he develops his core strength in the gym, as well as swim great distances in training. Here are his top exercise picks



FRONT PLANK

Raise yourself from a prone position onto your elbows, which are beneath your shoulders. Keep your body straight and tight as you engage your abdominals to hold you steady. Hold for 60 seconds.



SIDE PLANK

On your side, resting on your elbow and forearm, raise your hips so you keep a straight line between your head and feet. Keep your core engaged to maintain your steadiness. Hold for 60 seconds each side.



SCISSORS

A staple of lower core training, but it's simulation of the kick is particularly useful. Lie on your back, legs raised with your lower back pressed into the ground. Then, flutter your feet from your hips in a freestyle kick motion. Maintain for 30 seconds.



DUMB BELL LIFTS

Assume a press up position with small dumb bells in your hands. Turn to the side while keeping your core engaged, and raise the upper dumb bell above your head. Return to the start steadily and repeat on the other side. Repeat 8 times each side.



LEG RAISES

With the small of your back pressed into the ground, raise your legs together until you reach 90 degrees. Lower back to the start. Use a block to support your head. Complete 12 reps.



SIDE-TO-SIDES

Sit in a V position and grasp a medicine ball in front of you. Twist from the core side to side, touching the medicine ball to the ground each time. Keep looking forward, and also try to keep your feet still throughout. Touch the ball down 12 times on each side.





TOUGHEN UP YOUR MIND FOR SUCCESS

Improve your open-water mentality

While coaching triathletes, Adam finds his athletes often struggle with overcoming the barrier of transition and how to prepare for it. Here, Adam shares his experience from his open water endurance swims so you can apply it to your own long-distance training.

OVERCOME THE BARRIERS

Focus on what you want, and make sure that your short, medium and long terms goals are written down somewhere. Take the extra effort to laminate your targets. A little extra effort like that subconsciously solidifies the targets so you're more likely to complete them.

SILENCE THE DEVIL

The devil on your shoulder will always pipe up and whisper in your ear, "you're not good enough," and "you're feeling terrible" right when you least want it. Overcome that by treating the devil as the line that you need

to step over to test yourself. Achieve this, and you'll see what you're capable of.

BELIEVE YOU CAN DO IT

Keep your belief in yourself, your goals and your training schedule and structure. Confidence comes from improvement, which in turn comes from a good structure and schedule. Then, confidence itself breeds confidence in a positive cycle.

LOOK FORWARD

Always have at least part of your mind on the next target. Once I'd finished my channel swim in 2008 I needed a goal to keep me moving forward. That became the Gibraltar Strait double-crossing, which in turn moved me on to the full Ocean's Seven set. This helps you avoid what ifs, because you have a long-term goal that you're planning for.

POSITIVE AFFIRMATION

As I swim, I actively tell myself that I'm a

winner, I'm strong and I'm powerful. These are positive thoughts, which means I can't be having negative ones. Push your worries aside by saying to yourself that you're warm when you're cold and you're strong when you're weak.

DEVELOP A WINNING HABIT

For me, it's always been important to complete every training session I do. It's easy to stop if you're feeling less than 100 per cent, when actually overcoming that adversity means you become used to completing, rather than failing. That makes it harder to give up when things are tough at crunch time.

PICTURE THE FINISH

Visualise the end of your race. Picture your strong technique, and celebrating your success with your family and friends. Hold on to those thoughts and keep moving towards the end, because it'll all be worth it once you cross the line.

70.3 FIRST TIMER

MEET THE

IRONMAN FIRST-TIMERS

Words Phil Mosley Images Rosie Hallam

Join our long-distance rookies as they train and prepare for their first ever half and full Ironman distance triathlons under the expert guidance of training coach Phil Mosley

Over the next couple of issues we'll be focusing on two different athletes who are training for their first Ironman event. We'll introduce the athletes, talk about their strengths and weaknesses, set their training priorities and then provide a personalised training plan. Hopefully you'll see several parallels with your own situation, no matter what race distance

you're training for. In the first of these features we'll be working with Matt Beale, a relative novice who's targeting Ironman 70.3 Staffordshire on 12 June. Next month, we'll feature Jon Dundee, an experienced triathlete who's training for his first full Ironman in Mallorca on 24 September. You can also follow their progress as they blog their way to Ironman success on TriRadar.com.





MEET THE ATHLETE

Name: Matt Beale **Age:** 34

TARGET EVENT

Ironman 70.3 UK Staffordshire
(1.9km, 90km, 21.1km)

PRIMARY AIM

"I just want to finish it. I need to get into a condition where I can do it."

EXPERIENCE

"I have done three triathlons in total – two sprints and an Olympic. The longest events I've done are a half marathon, the Ride London 100 mile cycle and an Olympic distance triathlon."

CURRENT TRAINING REGIME

"I do one swim (1,500m), one run (10km) and one ride (30-40km) each week. I also do a HIIT training session at my local gym. I slacked on this over Christmas but picked it up again in January."

GEAR

"I have a good wetsuit, a Blue Seventy Helix, that fits well. I am comfortable on my bike, a Canyon. It's an entry-level road bike, but it feels fine. I have never ridden with tri-bars."

CURRENT FITNESS

"I consistently swim around 34 to 35 mins for 1,500m in a pool. I don't have any measure of my cycling except that I managed an Olympic triathlon bike (40km) in 1 hour 20 minutes. My best half marathon is 1 hour 56 minutes. I could do a sprint triathlon tomorrow but I am a couple of months away from where I was last summer."

STRENGTHS AND WEAKNESSES

"My cycling used to be my weakness but it's good now. My swimming is okay but my technique is weak. I am awful at ransitioning between the three elements of a triathlon. At my Olympic distance

triathlon, my run was all over the place. I am worried that my legs might fall apart post-bike, as the 10k run was tough. I couldn't have got round another 10k."

RACE DAY GOALS

"I have a (quiet) six hour goal for the Ironman 70.3 event, although I worry this is unrealistic. I need to lose 14 pounds at least before I can do this too. I was much lighter last summer, before I broke some ribs and then ate a lot."

TRAINING TIME AVAILABLE

"My time is limited by work and family commitments. I have some flexibility in the week as I am self-employed and I can usually find at least one to two hours each day to train. I am looking to also introduce a strength session at the gym with a trainer on a Friday evening. I could potentially do a longer workout on Saturdays, although sometimes there will be family activities that could impact it."

MATT'S TRAINING PRIORITIES

- » Establish a realistic training routine that works around his work and family commitments.
- » Print and stick the training plan somewhere where his family can see it, so they can understand what he's doing and when.
- » With limited time on his hands, each workout must be specific to the demands of Ironman 70.3 triathlon. His gym-based HIIT session may have to go.
- » Ideally he should attend a regular coached swim session to get ongoing feedback. Failing that, I would strongly recommend a video stroke analysis session.
- » He struggles to piece together the three disciplines of triathlon. We will include several race-specific workouts into his program, such as brick sessions (bike to run) and open-water swims.
- » As he makes the step up from Olympic to Ironman 70.3, the importance of race nutrition increases. He should research this now and start practising before, during and after his key training sessions in the run up to the event.

Coach's View

Matt has a big challenge on his hands, but it's achievable if he can train consistently. Time-availability will be his biggest hurdle. Long-distance triathlon training requires a larger time commitment than sprint or Olympic distance events. The bulk of this training can often be done at weekends, typically with a long ride and a long run, leaving the shorter workouts for midweek. The problem for Matt is that it's not always feasible, as he spends time with his family.

MATT'S IRONMAN 70.3 TRAINING PLAN

12 WEEKS TO RACE DAY

This twelve week training plan is designed to get our first timer Matt in race shape for an Ironman 70.3, but please feel free to adapt it to your own needs. It assumes he has previously done at least three months of steady aerobic Ironman 70.3 triathlon training, building up his distances before starting this training plan. From this point, the training becomes more race-specific and less general than the first few months. The final four weeks of the plan are even more specific, with broken up race simulations every three or four days and recovery sessions in between. You should use this period as an opportunity to practise your nutrition and try out your race kit. It's also a good time to think about your pacing strategy, based on what you can actually do in training (rather than what you wish you could do).

The intensity of the workouts in this training plan will mostly be at either Zone 2 (reasonably easy) or at threshold (fairly hard). These are the two most relevant intensities for this phase of Ironman 70.3 training. The Zone 2 endurance workouts are marked with [E] for endurance. The Zone 4 threshold workouts are marked with [T] for threshold. Please check out the Key and Training Zones sections below, so you know what the abbreviations mean and more about the training intensities.

The daily workouts are built around our first timer Matt's schedule but you can swap the days around if it helps you fit it around your job, family or social life. However, some sessions will take 48-hours to recover from so try not to schedule two big workouts on consecutive days. If you feel excessively tired, take it easy for a few days.

Within the training plan there is one strength and conditioning workout per week. Matt will hire a personal trainer for these. It's a good idea to incorporate strength work into your program once a week. It's a big topic in itself and therefore we recommend reading a book such as *Strength Training For Triathletes* by Patrick Hagerman.



THE COACH PHIL MOSLEY

- » 10 years triathlon coaching experience
- » Honours degree in Sports Science
- » Competed at elite international level for duathlon
- » Multiple top 10 Ironman finisher
- » Ironman Certified coach
- » Runs own coaching business at MyProCoach.net

For simplicity's sake the swims are given as "Main Set" only. In addition you should incorporate a warm up of around 500m and a warm down of 300m. This should include easy front crawl, drills, backstroke and kicking with a board. Although we have provided swim sets to follow, attending a coached group is nearly always more effective than swimming alone.

KEY

WU Warm up, **MAIN** Main set, **WD** Warm down, **FC** Front crawl, **PULL** Front crawl with a pull-buoy float between your thighs, **KICK** Kick with a float held out in front, **SECS** seconds, **Z1** Training Zone 1, **Z2** Training Zone 2, **Z3** Training Zone 3, **Z4** Training Zone 4, **Z5** Training Zone 5

TRAINING ZONES

1. Easy. 68-73% of max HR. Feels like 1-2 out of 10.
2. Light aerobic. 73-80% of max HR. Feels like 3-4 out of 10.
3. Moderate aerobic. 80-87% of max HR. Feels like 5-6 out of 10.
4. Threshold. 80-90% of max HR. Feels like 7-8 out of 10.
5. Above threshold. 90-100% of max HR. Feels like 9-10 out of 10.

WIN VIP ENTRY TO SOLD OUT IM 70.3 STAFFORDSHIRE WORTH £500

Alongside entry to the sold-out IRONMAN 70.3 Staffordshire, this fantastic prize includes a VIP package giving two of your supporters the opportunity to watch you in style. As you're sweating it out on the course, they can enjoy breakfast, lunch and tea as well as transport between the split transition and finish-line seating. To enter visit TriRadar.com

**Make
sure you buy
the next issue to
read about our
IM Mallorca
first timer Jon
Dundee**



70.3 FIRST TIMER

	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Swim 2,000m	MAIN SET 3x150FC Z2 +10secs rests, 100KICK Z2, 3x150PULL Z3 +20secs, 100KICK Z3, 200FC Z2		RECOVERY
	Tue		RECOVERY		RECOVERY
	Wed	Bike 1 hour	WU 10mins Z2, 4mins as (10secs Z4, 50secs Z2) MAIN SET 8x3mins Z4 +90secs rests WD 5mins Z1 to Z2		RECOVERY
	Thur	Run 1 hour 15 min	Run in Zone 2 , preferably on undulating route. Off road is fine too		RECOVERY
	Fri	Swim 1,500m	MAIN SET 2x200PULL Z4 +45secs rests, 3x100FC Z4 +30secs rests	Strength & Conditioning	45 mins
	Sat	Bike 2 hours	Ride in Zone 2 , venture into Zone 3 on any hills.		RECOVERY
	Sun	Run 1 hour	WU 20mins in Z2 MAIN SET 4x5mins Z4 +60secs rests WD 15-20mins in Z2		RECOVERY
	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 2	Mon	Swim 2,100m	MAIN SET 4x100FC +15secs rests, 3x200PULL Z2 +30secs, 3x100FC +15secs		RECOVERY
	Tue		RECOVERY		RECOVERY
	Wed	Bike 1 hour	WU 10mins Z2 MAIN SET 3x(8mins Z3, 5mins Z4) +3mins rests WD 5mins easy spin		RECOVERY
	Thur	Run 1 hour 20 min	Run in Zone 2 , preferably on undulating route. Take it easy, chatting pace.		RECOVERY
	Fri	Swim 1,600m	MAIN SET 8x100FC alternating (100 in Z4/100 in Z2) +10secs rests	Strength & Conditioning	45 mins
	Sat	Bike 2 hours 15 mins	Ride in Zone 2 , venture into Zone 3 on any hills. Practise race-day nutrition during these workouts		RECOVERY
	Sun	Run 1 hour	WU 20mins in Z2 MAIN SET 2x10mins Z4 +2mins rests WD 15-20mins in Z2		RECOVERY
	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 3	Mon	Swim 2,200m	MAIN SET 400FC Z2, 100KICK Z1 +60secs rest, 400PULL Z2, 100KICK Z1 +60secs rest, 400FC Z3, 100KICK Z1 +60secs rest, 300PULL Z4		RECOVERY
	Tue		RECOVERY		RECOVERY
	Wed	Bike 1 hour	WU 12min as (50secs Z2, 10secs Z4) MAIN SET 20 min as (40secs Z3, 20secs Z4), 2mins Z1, 20 min as (50secs Z3, 10secs Z5). WD 5mins easy in Zone 2		RECOVERY
	Thur	Run 1 hour 30 min	Run in Zone 2 , mix of trails and road.		RECOVERY
	Fri	Swim 1,700m	MAIN SET 3x100FC BUILD +15secs rests, 200PULL Z4 +45secs rests, 200FC Z2 +15secs, 2x100PULL Z4 +30secs	Strength & Conditioning	45 mins
	Sat	Bike 2 hours 30 mins	Ride in Zone 2 . Zone 3 up any hills, Z1 down them. Consume 100 cals of carbohydrate every 20-30mins.		RECOVERY
	Sun	Run 1 hour	WU 20mins in Z2 MAIN SET 20mins Z4 WD 20mins in Z2		RECOVERY

	DAY	ESSENTIAL WORKOUT		OPTIONAL WORKOUT	
WEEK 4	Mon	Swim 1,600m	4x200FC in Z3 + 30secs rests		RECOVERY
	Tue		RECOVERY		RECOVERY
	Wed	Bike 40 mins	WU 15mins in Z2 MAIN SET 2x9mins in Z4 +2mins rest WD 5mins in Z2		RECOVERY
	Thur	Run 40 mins	Steady run in Zone 2, nice and easy		RECOVERY
	Fri	Swim 1,200m	MAIN SET 4x50FC BUILD +15secs rests, 400FC timed hard effort	Strength & Conditioning	45 mins
	Sat	Bike to Run 1 hour 30 mins	All in Z2: Bike 60mins straight into run 30mins		RECOVERY
	Sun		RECOVERY		RECOVERY
	DAY	ESSENTIAL WORKOUT		OPTIONAL WORKOUT	
WEEK 5	Mon	Swim 2,200m	300PULL Z2 +20secs rest, 400FC Z3 +40secs, 300PULL Z2 +20 secs, 400FC Z3		RECOVERY
	Tue		RECOVERY		RECOVERY
	Wed	Bike 1 hour	WU 15mins in Z2 MAIN SET 12, 10, 8 mins in Z4 +2mins rests WD 10mins in Z2		RECOVERY
	Thur	Run 1 hour 30 min	Steady endurance run in Z2		RECOVERY
	Fri	Swim 1,600m	MAIN SET 800 Z4 alternating (100FC/100PULL)	Strength & Conditioning	45 mins
	Sat	Bike 2 hours 30 mins	Ride in Zone 2. Zone 3 up any hills, Z1 down them. Consume 100 cals of carbohydrate every 20-30mins.		RECOVERY
	Sun	Run 1 hour	WU 20mins in Z2 MAIN SET 3x9mins Z4 +60secs rests WD 10mins in Z2		RECOVERY
	DAY	ESSENTIAL WORKOUT		OPTIONAL WORKOUT	
WEEK 6	Mon	Swim 2,300m	MAIN SET 4x100PULL Z2 +30secs rest, 300FC Z3 +20secs, 3x100PULL Z2 +30secs, 200FC Z3 +10secs, 3x100FC Z2 +30secs		RECOVERY
	Tue		RECOVERY		RECOVERY
	Wed	Bike 1 hour	WU 15mins in Z2 MAIN SET 11,9,7,5,3,1 mins in Z4 +60secs rests WD 5mins in Z2		RECOVERY
	Thur	Run 1 hour 40 min	Steady endurance run in Z2. Take a gel every 30mins		RECOVERY
	Fri	Swim 1,800m	MAIN SET 5x(100PULL Z3 +15secs rest, 100FC Z4 +30secs)	Strength & Conditioning	45 mins
	Sat	Bike 2 hours 40 mins	Ride in Zone 2. Zone 3 up any hills, Z1 down them.		RECOVERY
	Sun	Run 1 hour	WU 20mins in Z2 MAIN SET 2x15mins Z4 +2mins rests WD 8mins in Z2		RECOVERY

See part 2 of
**MATT'S
TRAINING
PLAN**
next issue

CURE YOUR GLUTEAL PAIN

If your training is becoming a pain in the butt, follow this expert advice from Six Physio's **Rachel Whittaker**

What is it?

Causes of pain in the buttocks range from temporary annoyances such as bursitis, bruising, piriformis syndrome, muscle strain and shingles to more serious diseases with long-term consequences, such as arthritis of the sacroiliac joints or a herniated disc with sciatica. All symptoms related to buttock pain must be evaluated for their severity, intensity, duration, location, and aggravating or relieving factors. Consider whether the pain changes when walking, when sitting or when at rest while lying down.

How do you recognise it?

Gluteal pain can present in many different ways including buttock pain and tenderness, especially while seated or walking up a slope or stairs, deep tenderness in the buttock/hip region, a sharp stabbing pain while seated in a slouched position, pain and pressure in the tailbone or anal region, sacroiliac joint pain or restriction in the hip which feels more like stiffness.

Why do you get it?

A common cause of gluteal pain is piriformis syndrome. The piriformis is a deep gluteal muscle that sits behind the gluteus maximus. The causes of piriformis syndrome are unknown however suspected causes include:

- Muscle spasm in the piriformis muscle, because of irritation in the piriformis muscle itself or irritation of the sacroiliac joint or hip;
- Tightening or swelling of the muscle in response to injury or spasm;
- Bleeding in the area of the piriformis muscle.

These can affect the piriformis muscle and the adjacent sciatic nerve, which may lead to pain, tingling or numbness in the back of the thigh, calf or foot.



Another cause of buttock pain may be sciatica, a term used to describe the symptoms of leg pain, tingling, numbness or weakness that travels down the low back via the sciatic nerve in the back of the leg. Sciatica is a description of symptoms, not a diagnosis. A herniated disc, spinal stenosis, degenerative disc disease and spondylolisthesis can all cause sciatica.

Gluteal tendinopathy is also a common cause of buttock pain. Your gluteal tendons are the tough fibres that connect your gluteal muscle to your hip bone. A tendon injury may seem to happen suddenly, but usually it is the result of many tiny tears that have happened over time.

Bursitis is a condition that can contribute to gluteal pain. A bursa is a

fluid sack and its purpose is to reduce friction where muscles pass across other muscles, ligaments or bones. Muscles that are overused or are too tight can rub and inflame a bursa. The two main bursa in the buttock are the trochanteric bursa and the ischial bursa. One can give you pain when sitting, the other gives pain when lying on your side.

How can you alleviate it?

In the first 72 hours of your pain take some painkillers or non-steroidal anti-inflammatories, along with rest and application of ice. Before you see a doctor try a foam roller release on the buttocks, gluteal and abductor stretches and gluteal strengthening exercises. If your pain does not settle see your GP or a physiotherapist.

Images Six Physio, Shutterstock

> **NEXT ISSUE** AVOID COLD WEATHER INJURY



ADDUCTOR STRETCH

Frequency: 3x30 second holds

- Sit on the floor with the soles of your feet together.
- Open your knees to the side to stretch your inner thigh muscles.
- Sit on a block/small box to make the position more comfortable.



SIDE LEG LIFT

Frequency: 3x15 repetitions on each side

- Lie on your side with your top leg held out straight in line with your body, parallel to the floor.
- Lift the top leg up to work your side buttock muscle.
- Ensure you do not roll back your pelvis. Hold then lower down parallel to the floor.

GLUTE MED AT WALL

Frequency: 3x30 second holds

- To work the right gluteal, stand side-on to a wall on the right leg with the left knee resting against the wall.
- Gently contract the buttock muscle on the right leg to stabilise, keeping your weight towards the heel of the standing leg.
- Press into the wall with the left knee without moving the pelvis or spine.



GLUTEAL STRETCH

Frequency: 3x30 second holds

- Lie on your back, bend up one leg and then place the opposite ankle on your thigh.
- Lift leg towards you and pull gently while pressing the knee outwards to increase the stretch.
- Keep your tailbone on the floor.



CLAM

Frequency: 3x15 repetitions on each side

- Lie on your side with your spine in a neutral position.
- Draw your sitting bones together as you lift the top knee as far as you can control without rolling your pelvis back or moving your spine.
- Keep your feet together throughout the movement.
- Hold and then control your leg back down.
- Add resistance band round the knees to progress further.

Q&A

ASK THE EXPERT



Physiotherapist
Neil Smith from Six
Physio answers
your question

Q. I've been trying to increase my speed over 10k but my right knee starts to hurt on the outside of the kneecap. What can I do?
Nicola Zeid

A. This could be a number of things, with iliotibial band friction syndrome or patellofemoral pain being the most likely. Both are common when trying to increase your running speed. There are two key ways to run faster: increase stride length or increase cadence.

Most people tend to use stride length, however this will increase your chances of overstriding – when your foot lands in front of your centre of gravity. Another mistake is to develop a forward lean in your running style as this overloads the knee.

Remain upright and try increasing your cadence instead. Increasing speed requires improved strength in your gluteals so do squats and lunges twice a week.

Running fast, short intervals is a great way of improving your ability to run fast without overloading your knee. A great interval session would be 8x400m with 400m rest intervals.

WE'RE INSPIRED BY...



FOLLOWING IN HER FATHER'S FOOTSTEPS

Two years ago **Ellie Green** couldn't swim, now she's got her heart firmly set on the 70.3 World Championships thanks to her dad's guiding hand

Words **Debbi Marco** Photos **James Lampard**

WE'RE INSPIRED BY...

"Even though he's my dad, it's still quite competitive between us"



T

wo years ago the perfect job caught Ellie Green's eye. It was a role at her local gym Oxley Sport Centre in Sherborne to become a life

guard. The course started just two days after her 16th birthday and was just what the sporty teenager was looking for. There was just one small hiccup – Ellie couldn't swim.

"I used to play hockey, gymnastics, a bit of rugby and athletics – everything apart from swimming," Ellie says. "The requirement was for me swim 50m in under 60 seconds which was not mega fast but a shock to me. I could swim a bit of breast stroke but front crawl

was a whole new stroke to me."

Undaunted, Ellie began learning how to swim helped by her dad, Steve Green. A former rugby player, Steve stopped playing after he shattered all the bones in one arm, switching to triathlon instead.

"When dad started triathlon he couldn't swim either," says Ellie. "He just used to sink. He helped me a lot. As I began my lifeguard training I realised I quite liked swimming. Then dad bought me a road bike for my 16th birthday and I started going out on that. The only thing I was really missing was the running."

Ellie signed up for her first triathlon, the Taunton Sprint in Yeovil just a month after her 16th birthday.

"Dad told me just to sign up and see how it went. I came second in my age-group and absolutely loved it. The

swim was the hardest bit as I'd only been swimming for few months, but I was hooked."

Since her first triathlon, Ellie hasn't stopped racing. Father and daughter joined their local tri club, the Wessex Wizards and train regularly with them, both working on their swim with their club mates.

"We always swim together and do the same sets," says Ellie. "It's always good to swim with someone else and have someone to chase. We do long bike rides together on the weekend. He brings his lad mates along too – he's a lot of faster than me on the bike so he does go out and do all the crazy stuff without me too."

Ellie competed in her first half distance last June.

"I've always had my eye on Ironman," admits Ellie, now 18. "Dad



started doing triathlons when I was 11-years-old and he always did full Ironman distance but as he got older injuries started happening so he stuck with the half distance.

"It was a gradual thing for me. Even though he's my dad, he's also my coach and training partner and it's still quite competitive between us."

For Ellie's first 70.3 at Staffordshire Steve only took part in a relay so he could see his daughter's first mass swim start and be there cheering her on as she crossed the finish line, which she did in a more than respectable 6 hours 28 minutes, coming fourth in her age-group.

Buoyed by her results Ellie went on to race the Weymouth Challenge Half three months later and managed to knock nearly a whole hour off, winning her age-group with

a time of 5 hours 38 minutes.

Now the father and daughter are attempting to qualify for this year's 70.3 World Championships in Australia.

"We're both racing at IM 70.3 Mallorca and IM 70.3 UK Exmoor at Wimbleball in May and June this year, but it's not going to be easy," admits Ellie. "For dad to qualify he's got to come top three in his age-group but for me to qualify I've got to win it. That's a big ask."

"He's been to the World Champs about four times before, so he'll only go if I qualify but if I qualify, I'm definitely going."

"The reason I've entered both is because I think I'll have more chance at Wimbleball than Mallorca. Exmoor is a tough course and hilly, and I quite like hills whereas in Mallorca you get

more Europeans entering and it's generally a harder and faster course."

Steve will continue to encourage and push his daughter to succeed wherever he can.

"He's helped me loads with the bike," says Ellie. "If we go out for a cycle he puts me in front and all I can hear is him shouting in my ear telling me to go faster."

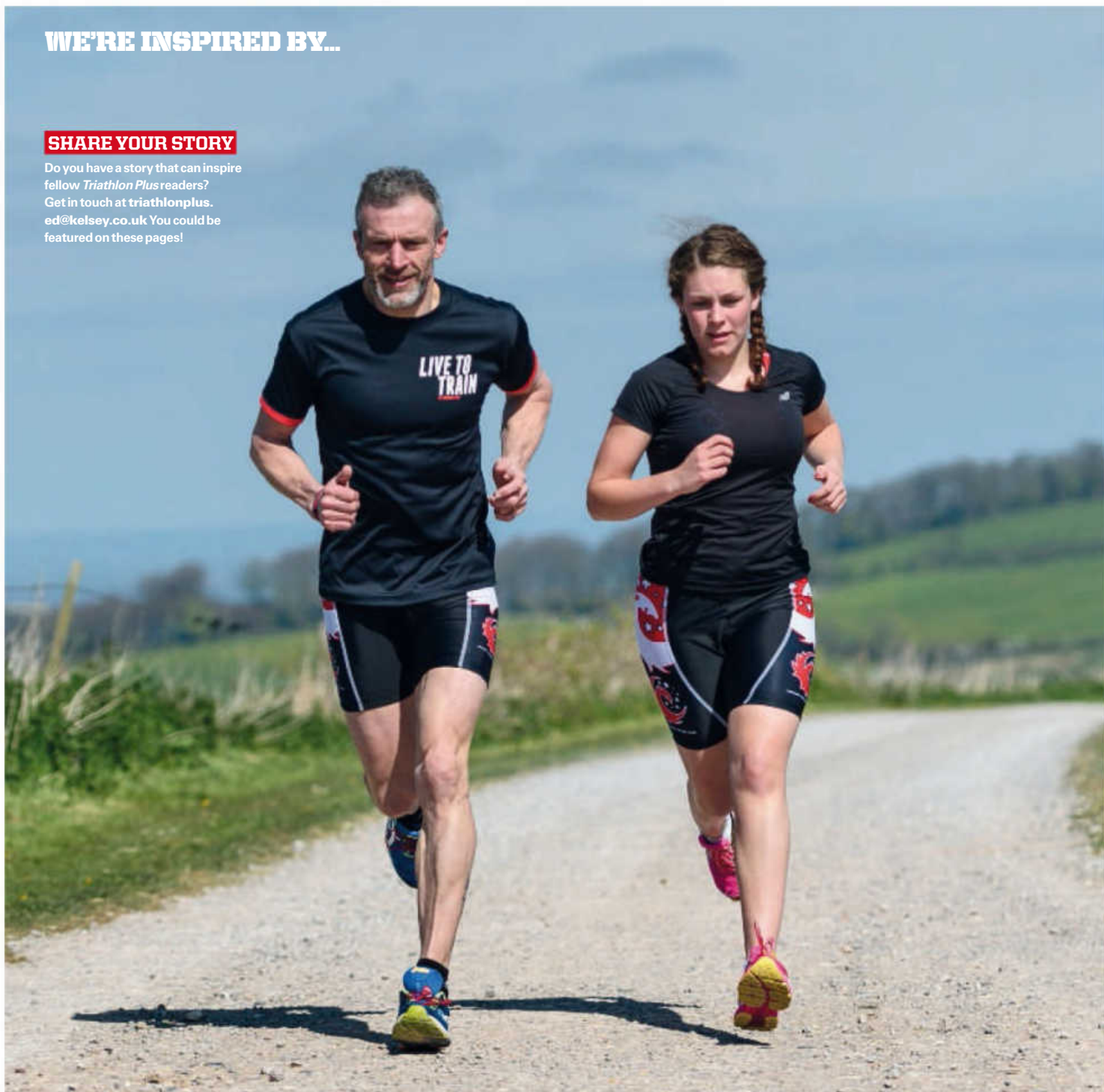
"If he thinks I'm slacking he'll tell me, but that's a good thing. He gets me up at 6am on a Saturday morning for a bike ride. It's tough but I thank him when I get back at 10am and it's all over and done with."

"Our training has kept us really close and when it comes to peak time we're training 20-25 hours a week together. We're incorporating a lot more run training this year as that's where we think we can buy the most

WE'RE INSPIRED BY...

SHARE YOUR STORY

Do you have a story that can inspire fellow *Triathlon Plus* readers? Get in touch at triathlonplus.ed@kelsey.co.uk You could be featured on these pages!



time. I was injured last year with shin splints and he's had a knee operation so hopefully we will be able to run faster than last year.

"Dad is my role model and coach. He gives me the basic training plan and I just follow in his footsteps. It's all about your mental attitude. You can go out and do your training hours but most of it's in your head. It's down to you and how much you want it. The

**"Dad is my role
model and coach.
I just follow in
his footsteps"**

adrenalin on the day will help you go faster. For my first half I just set out to finish it and to see if the distance was too long for me. When I finished, I thought I'm going to nail this – it's the right distance because you can find

your rhythm and really get into it.

"Dad is always positive and never puts any pressure on me. I know how hard it is to qualify. It's my birthday in April and it'd be amazing to qualify for the Worlds at 19."

STEVE SAYS:

"We had to wait until Ellie was old enough to take part in the Ironman races and when she competed in 70.3 Staffordshire last year she was the youngest one. It was great to see her finish and she really enjoyed it – although she was smiling so much on the run and not taking it seriously enough. I think she lost out on third place in her age-group by just a few seconds.

I take her training with my mates and she tucks

in behind. They love her to bits and it means that she rides longer and faster than she would on her own. If she focuses on her running I think she can knock 20 minutes off her half marathon time. She's getting much better at climbing on the bike too. I'm really proud of her and it's great when we're in a race together. We tend to see each other on the run. I think she's got a really good chance of qualifying at Wimbleball (70.3 UK Exmoor) this year. We live near the course and can practise on the route."

FAST FOOD TO FIX YOUR BODY

FUEL
YOUR
RACE

GO
VEGAN

Use dairy free margarine,
omit the
egg and add 4tbsp
soya milk

SUGAR FREE BANANA BREAD

Nutritionist **Gill Cummings-Bell** explains why this tasty treat is the perfect training partner

BANANA BREAD is one of those favourite cakes and it's a great snack for a rolling buffet on the bike or it can be easily chopped into bite size pieces and stuffed into a bag in your pocket. It's also perfect to use in your carbohydrate replenishment window at the end of training or racing – that 15 minute to two hour window when you need fast-releasing carbs.

As well as tasty carbs it also brings along potassium. A medium-sized banana usually contains around 450mg of potassium which helps counteract the negative effect of sodium, helps strengthen bones and helps keep the stomach lining protected from acids. Potassium can aid muscle contraction by maintaining optimal muscle and nerve function, and stimulates the neural connectivity between

muscles and the brain helping to stimulate motor skills. The potassium in banana can help prevent muscle cramps caused by low levels of potassium, which can be a result of high training doses, a condition called hypokalemia. They are also high in many other vitamins and minerals including calcium, manganese, magnesium, iron, folate, niacin, riboflavin, and B6. These all contribute to the proper functioning of the body, metabolism, and aid recovery from training.

The addition of sunflower seeds adds the essential fat omega 6, poly-unsaturated fatty acid linoleic acid, which constitutes more than half of the fatty acids in them. They are also high in mono-unsaturated oleic acid, that helps lower LDL the “bad sticky cholesterol” and

increases HDL the “good scouring cholesterol” in the blood. These are the essential fats that the body accesses to create hormones, which keep the immune system, cardiovascular system and nervous system healthy. Sunflower seeds are high in vitamin E, folate, selenium and much more. Vitamin E is the fat soluble antioxidant vitamin which can help protect against the oxidative damage caused by oxidative metabolism which is high in the triathlete. Folate helps improves cardiovascular health by keeping your heart healthy.

PER SLICE

157 Kcals
20g Carb
7g Fat
3g Protein
7g sugar

INGREDIENTS

MAKES 12 SLICES

4 ripe bananas
75g unsalted butter, melted
1 egg, beaten
150g white plain flour
50g wholemeal plain flour
4tsp baking powder
½tsp salt
75g sunflower seeds

METHOD

- 1 Preheat the oven to 200°C/180°C fan/400°F.
- 2 Lightly grease a 22 x 11 x 7cm (2lb) loaf tin with a little extra butter.
- 3 Mash the bananas. Add the melted butter, followed by the egg and stir well.
- 4 Add both flours, the baking powder and salt to the bowl.
- 5 Gently fold together until well mixed.
- 6 Set aside about 1 tablespoon of the sunflower seeds, then fold the rest into the mixture.
- 7 Use a spatula to transfer the mixture to the loaf tin. Shake gently to distribute it evenly in the tin and then smooth the top with the spatula.
- 8 Sprinkle the reserved sunflower seeds on top.
- 9 Bake for 55–65 minutes until well browned. Leave to cool in the tin.

RACENEWFOREST 2016

Tempted to GoTri?



The Next Step in your training:
Ideal Beginners Events at:

Forca Lymington Lido Triathlon 1st May
500mtr swim in the Seawater Baths, Cycle 12.5miles,
Run 3miles

New Forest Novice Triathlons on 29th May & 21st August
Lake Swim 400mtr, Cycle 21miles, Run 3miles

Lymington Haven Sprint Triathlon 12th June
750mtr swim (sea), Cycle 20km, Run 5km

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www.racenewforest.co.uk



RACENEWFOREST

EVENT SCHEDULE 2016

May 1st

Forca Lymington (Open Water Baths) Triathlon

Sea Water Baths, Lymington, SO41 3SE
500m Swim (Lido) / 20 km cycle / 5 km run

May 15th

SwashBuckler Middle Distance Triathlon

Bucklers Hard, Beaulieu, SO42 7XB
1.9 km Swim (O/W) / 90 km Bike / 22km Run

May 29th

New Forest Triathlon

Ellingham WaterSki / Moyles Court School, BH24 3NF
1.1 km Swim (O/W) / 33km Bike / 9km Run

New Forest Novice Triathlon

Ellingham WaterSki / Moyles Court School, BH24 3NF
400 metre Swim (O/W) / 33km Bike / 6km Run

June 12th

Lymington (Yacht Haven) Sprint Triathlon

Lymington Yacht Haven Marina, Lymington, SO41 3QD
750 m Swim (O/W) / 20 km Bike / 5 km Run

June 26th

Gladiator Triathlon

Bucklers Hard, Beaulieu, SO42 7XB
3.8 km Swim (O/W) / 180 km Bike / 42.2 km Run

BoskMan Triathlon

Bucklers Hard, Beaulieu, SO42 7XB
2.7 km Swim (O/W) / 125 km Bike / 21.1 km Run

Aug 21st

New Forest Triathlon

Ellingham WaterSki / Moyles Court School, BH24 3NF
1.1 km Swim (O/W) / 33km Bike / 9km Run

New Forest Novice Triathlon

Ellingham WaterSki / Moyles Court School, BH24 3NF
400 metre Swim (O/W) / 33km Bike / 6km Run

Sept 25th

New Forest Middle Distance Triathlon


Ellingham WaterSki / Sandy Balls Holiday Park, SP6 2JZ
1.9 km Swim (O/W) / 90 km Bike / 22km Run

Race entry and further details:-

www.racenewforest.co.uk

Contact:- jriles@racenewforest.co.uk





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LOOK AFTER YOURSELF

There's a short cut to recurring injury and that's not listening to doctors, warns **Steve Trew**

This is how it usually starts: "Sorry to tell you, but you have a stress fracture/planar fasciitis/overuse injury (fill in your particular choice here) and you will need to rest for 12 weeks to allow the injury to heal."

These are most certainly the worst words an athlete can hear. But, and this is so important, do we really hear those words?

Then this is how we rationalise the news we've just been told.

Step one: "Well the doctor has to be over-cautious, so it's really only 10 weeks."

Step two: "The doctor doesn't know how quickly I recover from injury, so in my case it'll only be eight weeks."

Step three: "I'll work so hard on all the rehab, mobility and supplementary exercises that should cut a bit of time off, let's say down to six weeks."

Step four: "It's probably not as serious as we thought, four weeks will be fine."

Step five: "That's brilliant! I can barely feel any pain at all, another couple of days and I'm just about ready to go!"

Step six: "How wrong can a doctor be! It's only a week and it's healed!"

Step seven: "Brilliant! First easy jog tomorrow."

Step eight: "Disaster! It's agony. I can't move, why didn't they tell me to rest?"

Recognise anybody? Yeah, me too – I'm staring in the mirror looking right at him. I guess I must have done this more than a few times in my running days, maybe (just maybe) that's why I had recurring injuries. Why is it that we think we're different? That we are the ones where the usual rules don't apply? It's because of who we are, the way we live our lives. That old athlete mantra: "This is what I do, this is who I am." But you know what, guys? If we don't change our way of thinking, we're going to make that same old mistake over and over again. If the definition of stupidity is "doing the same thing and

expecting a different result", then we're guilty as charged.

My heart went out to Vicky Holland a year or so ago. A brilliant athlete, Olympian, Commonwealth Games double medallist, and more importantly, a stunningly nice person, she came down with an injury that sidelined her for more than just a little while. But Vicky did what so many of us can't bear to do, she listened to her doctors, physios, coaches, and she did what she was told. Result? Pre-selected for next year's Olympic Games. Actually, substitute the name Non Stanford (injury, brilliant, stunningly nice etc plus World Champion. ...) and she followed exactly the same path as Vicky, listening, listening, listening, and guess what? Pre-selected for next year's Olympic Games. Do we see a pattern here?

You might say, "Well that's okay for them, they've got a full-time back-up team with them." But so do we, the difference is that sometimes we just refuse to recognise that team. The athletes we train with, our coaches, the athletes we see all the time, the one's who say something like; "Yeah, I had that. You've got to take it easy, you mustn't rush back too soon." But do we listen to them? Maybe, but usually only after we've had to suffer the setbacks we put upon ourselves by trying to cut corners and rush back to training too soon.

However, there is an upside. As triathletes we're that little bit different. We don't see it in ourselves because it's a large part of what we do and who we are, but those 99 per cent of people who don't understand the delights of three disciplines still see us as, how shall we say, just a little bit strange? Even single discipline athletes can have this view. But when we're faced with injury, we have a secret weapon, we can train on something else! Of course there are some injuries that will stop us from training at all (one of my athletes is suffering at the moment and climbing the walls in frustration) but for the majority of injuries and setbacks we do have an alternative. Leg or lower body injury? Let's focus on swimming. Shoulder or chest rotator-cuff problem? Time to concentrate on running and cycling. Don't forget that lovely invention, the turbo trainer, I remember Chrissie Wellington unable to cycle outside because of broken bones making extensive use of the turbo. If we really can't swim, cycle or run, then there's always stretching, mobility and core work.

See you when you're back and don't rush it.

Steve Trew

Coach & commentator



Steve rarely rushes anywhere any more, unless the bar is about to close. Steve is an advisory coach for Speedo, he can be reached for all things triathlon on trew@personalbest.demon.co.uk

THE RACE LIST

PLAN FOR THE MONTHS AHEAD WITH OUR GUIDE TO EVENTS IN THE UK

Notes and key The Race List

AT THE TIME of going to press, some race details were yet to be confirmed. Before entering a race, or if you can't find your favourite event here, please contact the organisers for the most up-to-date information. Distances given are: for triathlons, swim/bike/run; for duathlons, run/bike/run; and for aquathlons, swim/run. Swim distances are in metres up to 999, then kilometres. Bike and run distances are in kilometres unless otherwise stated, with 'M' denoting distances are in miles.

MARCH

SATURDAY 5 MARCH DAMBUSTER DUATHLON

Distance: 10k/42k/5k
Rutland Water, Whitwell Oakham, Rutland, LE15 8BL
pacesetterevents.com

VOTWO ETON DORNEY DUATHLON

Distance: various
Eton Dorney Lake, Windsor, SL4 6QP
votwo.co.uk

SUNDAY 6 MARCH MONSTER DUATHLON, ELY

Distance: 5m/25m/5m
Witchford Village Sports College, Ely, Cambridgeshire, CB6 2JA
monsterracing.net

SUNDAY 13 MARCH MUD AND MAYHEM DUATHLON

Distance: 5k/18k/5k
St. Helen's Picnic Site, Santon Downham, Thetford Forest, Brandon, Suffolk, IP27 0TJ
gobeyondsport.co.uk

PEMBROKESHIRE DUATHLON

Distance: 5k/20k/2.5k
Neyland Yacht Club, Milford Haven, Pembrokeshire, SA73 1PX
pembstri.org.uk

VELOPARK CAPITAL TC MARCH HARE DUATHLON

Distance: 2m/10m/1m
VeloPark, London, E20 3AB
veloparkduathlon.com

SUNDAY 27 MARCH EAST LEAKE TRIATHLON

Distance: 400m/10k/5k
East Leake Leisure Centre, Loughborough, LE12 6QN

APRIL

SATURDAY 2 APRIL VOTWO ETON DORNEY DUATHLON

Distance: various
Eton Dorney Lake, Windsor, SL4 6QP
votwo.co.uk

SUNDAY 3 APRIL CARMARTHEN SPRINT TRIATHLON

Distance: 400m/23k/5k
Carmarthen Leisure Centre, Carmarthen, Dyfed, SA31 3NQ
healthylifeactivities.co.uk

CHILLY TRIATHLON

Distance: 400m/20k/5k
Inspire Luton Sports Village, Luton, Bedfordshire, LU2 8DD
chillytriathlon.co.uk

CITY OF DURHAM DUATHLON

Distance: 5k/25k/5k
durhamtri.co.uk

BATTLEFIELD DUATHLON

Distance: various
Naseby, Northamptonshire, NN6 6DE
onyourmarksevents.org

RIBBY HALL TRIATHLON

Distance: 400m/11k/5k
Ribby Hall Leisure Village, Preston, Lancashire, PR4 2PR
bookitzone.com

WINDSOR DUATHLON

Distance: various
Windsor Great Park, Windsor, Berkshire, SL4 2HT
windsorduathlon.com

SATURDAY 9 APRIL NEWBURY DUATHLON

Distance: 5k/25k/5k
Chieveley Village Hall, Chieveley, Berkshire, RG208TE
teamkennet.com

SUNDAY 10 APRIL BASILDON AQUATHLON

Distance: various
Basildon Sporting Village, Essex, SS14 3GR
east-essex-tri-club.co.uk

HALESOWEN TRIATHLON

Distance: 400m/25k/5k
Haleowen Leisure Centre, West Midlands, B63 3AF
halesowentri.org

SUNDAY 10 APRIL HAYWARDS HEATH SPRINT TRIATHLON

Distance: various
Dolphin Leisure Centre, Haywards

Heath, West Sussex, RH16 1LY
hedgehogtri.co.uk

THE SIDEWINDER DUATHLON

Distance: 5k/20k/3k
Redbridge Cycling Centre, Ilford, Essex, IG6 3HP
pbmultisportuk.com

NEWTOWN TRIATHLON

Distance: 400m/22.5k/5k
Maldwyn Leisure Centre, Newtown, Powys, SY16 1LH
maldwyn-leisurecentre.powys.gov.uk

WEST LANCASHIRE SPRING TRIATHLON

Distance: 400m/20k/5k
Edge Hill University, Ormskirk, Lancashire, L39 4QP
vitalevents.co.uk

GO TRI HAMBLE

Distance: 2km/9km/2km
Royal Victoria Country Park
hedgeendrunningclub.com

SUNDAY 17 APRIL BICESTER TRIATHLON

Distance: various
Bicester and Ploughly Leisure Centre, Bicester, Oxfordshire, OX26 2NR
onyourmarksevents.org

CHIRK SPRINT TRIATHLON 2016

Distance: 400m/25k/5k
Chirk Leisure Centre, Wrexham, Clwyd, LL14 5NF
wrecsamtri.org.uk

DUSTON TRIATHLON

Distance: 400m/20k/5k
Duston Upper School, Northampton, Northamptonshire, NN5 6XA
justracinguk.com

STORM THE CASTLE DUATHLON

Distance: 10k/33k/5k
Ludlow Rugby Club, Ludlow, Shropshire, SY8 1EE
stormthecastleduathlon.com

SUNDAY 24 APRIL BRAT LICHFIELD SPRINT TRIATHLON

Distance: 400m/20k/5k
Friary Grange Leisure Centre, Lichfield, Staffordshire, WS13 7SQ
3dtri.org.uk

MOLD SPRINT TRIATHLON

Distance: various
Mold Sports Centre, Mold, Clwyd, CH7 1HT
cadencetri.org

STOCKTON DUATHLON FESTIVAL

Distance: various
Riverside Road, Stockton-On-Tees, Cleveland, TS18 1TE
trihard.co.uk

UCKFIELD SPRING TRIATHLON

Distance: various
Uckfield Leisure Centre, Uckfield, East Sussex, TN22 1UB
multisport-management.co.uk

SATURDAY 30 APRIL OCEAN LAKE TRI SPRINT 1

Distance: 750m/20k/5k
oceanlaketri.co.uk

MAY

SUNDAY 1 MAY LYMINGTON (LIDO) SPRINT/NOVICE

Lymington Sea Water Baths, Lymington, Hampshire
Distance: Swim 500m, Bike 13miles, Run 3miles
racenewforest.co.uk

DARWIN'S CHALLENGE AQUATHLON

Distance: various
The Gemini Pool, Shrewsbury School, Shrewsbury, Shropshire, SY3 7BA
sytri.org

OLDBURY WHITE HORSE SPRINT TRIATHLON

Distance: Various
Calne Leisure Centre
eventslogicsw.co.uk

TONBRIDGE TRIATHLON

Distance: various
Tonbridge School Sports Centre, Tonbridge, Kent, TN10 3AD
tonbridgetriathlon.co.uk

SUNDAY 8 MAY EAST GRINSTEAD SPRINT TRIATHLON

Distance: various
Kings Leisure Centre, East Grinstead, West Sussex, RH19 3LN
egtri.com

MONSTER MOJO AND MONSTER MOJITO

Distance: various
Peterborough Rowing Lake, Peterborough, PE3 6LN
monsterracing.net

PENDLE TRIATHLON

Distance: various
West Craven Sports Centre, Barnoldswick, Lancashire, BB18 5TB
pendletriclub.co.uk

SELKIRK STANDARD TRIATHLON

Distance: 1500m/40k/10k
Selkirk Leisure Centre & Caravan Park, Selkirk, Selkirkshire, TD7 5DN
bslt.org.uk

ST.NEOTS STANDARD DISTANCE TRIATHLON

Distance: 1.5k/45k/10k
Regatta Meadow St. Neots, Cambridgeshire, PE19 7LH
nicetri.co.uk

TEWKESBURY SPRINT TICKET

Distances: 400m/24k/5k
Cascades Leisure Centre, Tewkesbury, Gloucestershire, GL20 5LR
bigttc.co.uk

Y FENNI BLAENAFON 33RD TRIATHLON

Distance: 800m/52k/11k
Abergavenny Leisure Centre, Abergavenny, Gwent, NP7 6EP
yfennitriathlonclub.com

SUNDAY 15 MAY BIG EAST TRIATHLON

Distance: various
Bradwell Marina, Bradwell-on-Sea, Essex, CM0 7RB
dengievents.co.uk/big-east-triathlon

CRYSTAL PALACE TRIATHLON

Distance: various
Crystal Palace National Sports Centre, London, SE19 2BB
crystalpalace-tri.co.uk

FIRST OF THE SUMMER TRI 2016

Distance: 400m/24k/6k
Holmfirth Swimming Pool, Holmfirth, West Yorkshire, HD9 3JL
summertriseriess.co.uk

HOLE MOSS DUATHLON (HELL ON T'HILLS)

Distance: 6.5k/33k/4.5k
Neiley Pavilion, Huddersfield, West Yorkshire, HD9 6QT
toughnutevents.co.uk

THE IMMORTAL AT STOURHEAD

Distance: 1900m/90k/21k
Stourhead House and Gardens, Warminster, Wiltshire, BA12 6QD
immortalsport.com

TOP BARN TRIATHLON

Distance: 1500m/60k/10k
Top Barn Activity Centre, Worcester, WR6 6NH
worcesterticclub.co.uk

SATURDAY 21 MAY SNOWDONIA SLATEMAN TRIATHLON

Distance: various
Llanberis, Wales, Caernarfon, Gwynedd, LL55 4UR
alwaysaimhighevents.com

SATURDAY 21/ 22 MAY NUFFIELD HEALTH ETON SUPERSPRINTS

Eton Dorney Lake
Distance: 400m Swim, 21.2km Bike, 5km Run
humanrace.co.uk/

SUNDAY 22 MAY PORTHCAWL STANDARD DISTANCE TRIATHLON

Distance: 1500m/40k/10k
Coney Beach, Porthcawl, Mid Glamorgan, CF36 5BY
aim2tri.co.uk

SOUTHPORT TRIATHLON

Distance: various
Waterside Lodge, Southport, Merseyside, PR8 1RY
vitalevents.co.uk

ST. ANNE'S TRIATHLON

Distance: various
St Anne's YMCA Pool, Lytham St. Anne's, Lancashire, FY8 1SW
bookitzone.com

SUNDAY 22 MAY ETON SPRINTS

Eton Dorney Lake
Distance: 750m Swim, 21.2km Bike, 5km Run
humanrace.co.uk

ITU WORLD SPRINT DISTANCE QUALIFIER

Eton Dorney Lake
Distance: 750m Swim, 21.2km Bike, 5km Run
http://humanrace.co.uk/

SATURDAY 28 MAY BRECON SPRINT TRIATHLON

Distance: 400m/20k/5k
Brecon Leisure Centre, Brecon, Powys, LD3 9SR
brecontriathlonclub.co.uk

SUNDAY 29 MAY LOUGH CUTRA CASTLE TRIATHLON

Distance: Standard Triathlon
South Galway
castletriathlonseries.co.uk/

BOSWORTH TRIATHLON

Distance: various
Bosworth Water Trust, Market Bosworth, Leicestershire, CV13 6PD
onyourmarksevents.org

GUILDFORD TRIATHLON

Distance: various
Surrey Sport Park, Guildford, Surrey, GU2 7AD
aat-events.com

HERTFORDSHIRE TRIATHLON

Distance: various
Stanborough Park, Welwyn, Hertfordshire, AL86DQ
hertstri.co.uk

NEW FOREST TRIATHLON

Distance: various
Moyle Court School, Ringwood, Hampshire, BH24 3NF
racenewforest.co.uk

SHROPSHIRE TRIATHLON

Distance: various
The Mere, The Cremorne Gardens, Ellesmere, Shropshire, SY12 0DQ
Shropshire.gov.uk/leisure

MONDAY 30 MAY TRI AND PARA-TRI FESTIVAL

Distance: various
Dorney Lake, Windsor, Berkshire, SL4 6QP
arctic1.co.uk

WETHERBY STANDARD DISTANCE TRIATHLON

Distance: 1500m/40k/10k
Wetherby Sports Association, Wetherby, West Yorkshire, LS22 5FN
pdsportsmanagement.co.uk

JUNE

WEDNESDAY 1 JUNE VOTWO ETON DORNEY EVENING DUATHLON

Distance: various
Eton Dorney Lake, Windsor, SL4 6QP
votwo.co.uk

GO TRI ASHFORD

Julie Rose Stadium/Conningbrook Lakes Country Park, Ashford, Kent,
Distance: 5km
trispiritsevents.com

SATURDAY 4 JUNE BELVOIR CASTLE TRIATHLONS

Belvoir Castle, Grantham, Lincolnshire
Distance: Various
justracinguk.com

SUNDAY 5 JUNE 27TH WHITE OAK TRI

White Oak Leisure Centre, Swanley, Kent, BR8 7BT
Distance: Various
dartfordandwhiteoakttri.co.uk

BECCLES TRIATHLON 2016

Beccles Lido, Beccles, Suffolk
Distance: Various
becclestri.com

THORPE PARK TRIATHLON

Thorpe Park, Chertsey, Surrey
Distance: Various
triproject.co.uk

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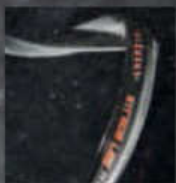
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4RIDE

The Fuji Transonic is put through its paces



60

BIGTEST

25mm race tyres prove fatter is faster



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BIKETEST

These high-end alloys impressed our team



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MINITEST

Six recovery drinks tested for performance

4

RIDE
REVIEW

FUJI TRANSONIC

1 FIRST RIDE

There's no doubt this is a bike designed to go fast, with a low, stretched feel amplified by a 100mm stem and a lot of layback on the saddle. Seven different sizes mean there's more fine tuning potential than most aero bikes. It's a neat looking bike, with internally routed controls, flush mounted seatclamp and curved wheel hugger seat-tube detailing on the traditional teardrop tube.

2 FAST RIDE

Once we'd set up the saddle, the Fuji is a fast efficient machine that slips through headwinds. The aerodynamics feel like they're cutting drag without creating crosswind handling issues. It was fine when we tried deep sections wheels too. The 24mm axle Oval chainset, doesn't capitalise on the oversize 30mm bottom bracket bore and it's not the most rigid bike when sprinting.

3 HILLY RIDE

The slight softness is evident when you're climbing, so we'd add 30mm axle chainset from SRAM or FSA to the upgrade list. It's a reasonable weight so if you keep your pedals spinning it'll tempo to the top efficiently enough. The direct mount Shimano 105 brakes give excellent power and feedback while the handling is confident making it a real treat to take on speedy descents.

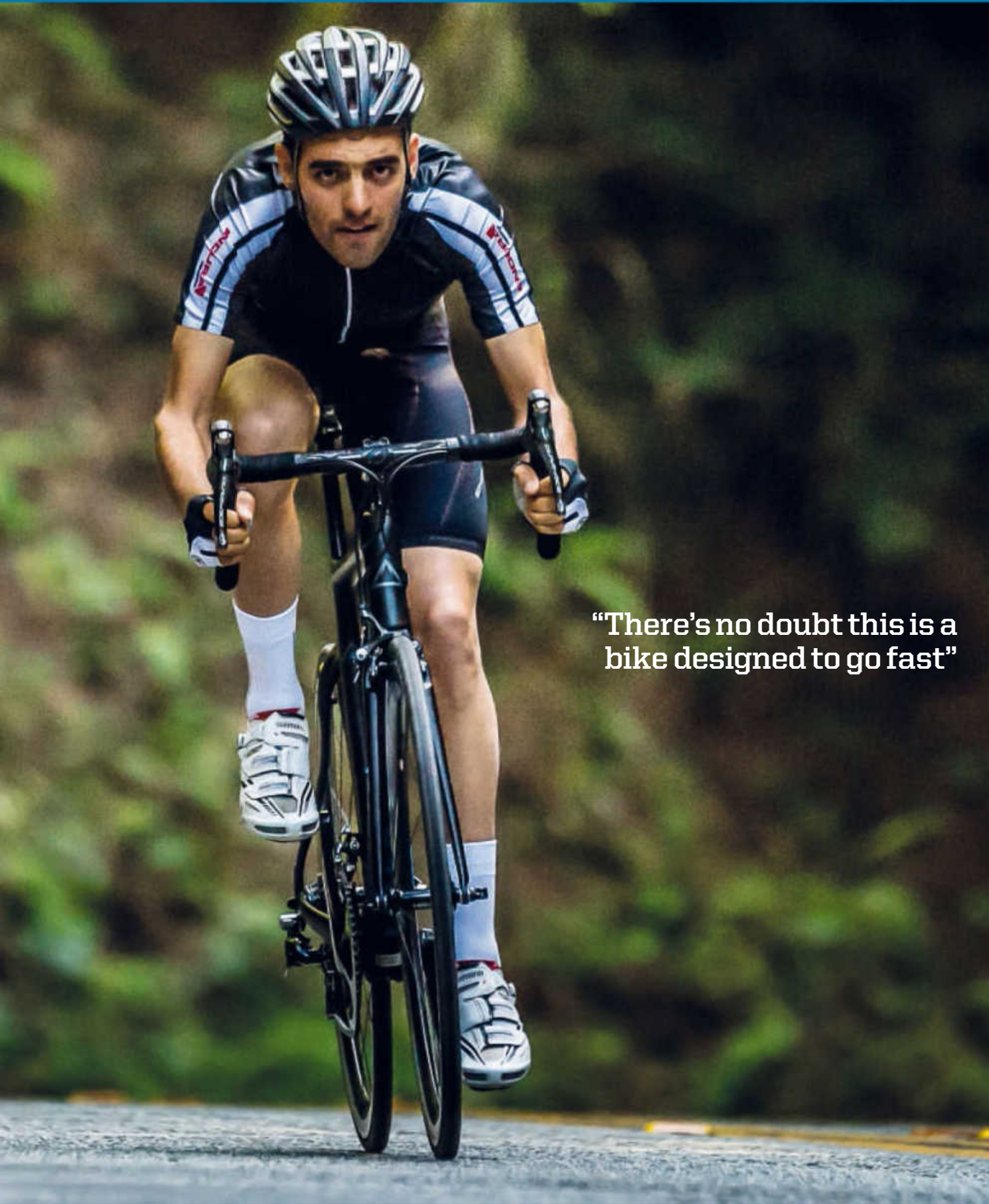
4 LONG RIDE

The smoothness that skims the edge off ultimate power delivery provides big comfort. Fork and mainframe dull background vibration on rougher roads. The plump 25mm Vittoria Zaffiro Pro tyres also contribute to the relaxing cruising character. There's room to fit a set of clip-on tri bars for a full aero position too, making it a good option for triathletes looking for a good value all-rounder.

SPEC SHEET

Price £1,699
Contact evanscycles.com
Weight 8.26kg
Size tested 56cm
Sizes available 49, 52, 54, 56, 58, 61cm
Frame C5 high-modulus carbon
Fork FC-440 carbon tapered steerer
Seating Transonic aero carbon seatpost and Oval Concepts R500 saddle
Handlebar/stem Oval Concepts 310 420mm bar and Oval Concepts 313 100mm stem
Gears Oval Concepts 520 cranks with 52/36T rings, Shimano Ultegra 6800/105 11-28T gears
Brakes Shimano Ultegra 6800 STI levers and brakes
Wheels Oval 327 aero alloy clincher
Tyres Vittoria Zaffiro Pro Slick 700x25c

BRAND NEW BIKES PUT THROUGH THEIR PACES



“There’s no doubt this is a bike designed to go fast”



FAT IS FAST

The latest research has proven that fatter tyres are actually faster than thinner ones for real world riding. They're more comfortable and less puncture prone too, but which are the best bigger tyres for your riding needs?



Buying racing tyres

WHAT TO LOOK FOR

Width

By fatter tyres we mean 25mm rather than 23mm wide tyres. 28mm tyres can actually roll even faster on rough roads but very few aero or road race frames have enough clearance to use them.

Height

As the carcass and design of tyres changes and rims get wider, tyres are generally less round than they used to be. That means most 25mm wide tyres aren't that tall and some are really shallow despite being broad.

Carcass

This is the body of the tyre formed by overlapping layers of cloth. The finer the base cloth the more supple and flexible the tyre. The ability to deform around bumps and in the road gives a smoother ride, better grip and speed.

Compound

Harder compounds (the rubber in the tread) roll faster and last longer but they don't grip well and if they don't flex easily, can be slower. Softer compounds grip better but the stickiness can slow you down.

Protection

Most tyres have a protective layer under the tread to stop thorns, glass and other pointy debris puncturing your inner tube. The thickness, width and effectiveness of these layers varies, as does their ride quality.

Tubeless

By making the tyre and rim airtight and adding some liquid you can do without an inner tube. It improves puncture proofing but only a few tubeless tyres deliver as tight fit, wooden feel and leaks are problems.

HOW WE TEST

WE NOTICED the performance benefits of fatter tyres on fatter rims a while ago, so it was no surprise when research backed up what we were feeling on the road. That set us on a new search to find out which tyres offered what in terms of performance, testing each

head-to-head on two up bike sessions using the same rim profiles and pressures for the most accurate comparisons. At the same time our crew of high mileage testers tried to wear out as many as they could to check which lasted and which didn't.

Kenda KONTENDER 26C

£26.99 todayscyclist.co.uk

Weight 329g Width 25.2mm

Height 24.9mm

WITH KENDA'S top Criterium tyre only available as large as 23mm in the UK the training-focused Kontender is their big volume option. It's listed as a 26mm tyre but actually blows up as a 25mm and rides more like a thinner tyre due to a stiff heavy duty carcass. A very thick tread cap doesn't do it any favours in terms of ride quality either. The stiff feel and L3R rubber means traction is guessed rather than felt, reducing confidence in the wet despite the "all-weather" labelling. Puncture resistance isn't great despite the thick tread and K-Shield protective layer but wear life – even on turbo trainers – is epic so if you don't push your tyres hard they're still good value.

VERDICT Hard, heavy with limited grip, but thick tread longevity is truly epic.

**PERFORMANCE
VALUE
OVERALL**



Vee APACHE 25C

£34.99 veetireco.uk

Weight 226g Width 23.3mm

Height 22.9mm

WIDELY USED budget brand Vee Tire has launched a multi tyre attack on the higher performance market, and the Apache's are designed as its all-round race and training tyre. They're making sure everyone knows what tyres you're running by using their own Vee name as the water shedding, dirt squeezing cut tread on the shoulders. The single compound Continuum rubber is reasonably confident through smooth corners but the small volume carcass starts to chatter and skip early on rougher surfaces. They're light and low enough to accelerate eagerly though, and despite skinny sidewalls we've had no obvious puncture or damage problems. If you want more grip the mixed tread Rain Runner hangs on better whether it's wet or dry and for some reason it rolls noticeably more smoothly too. There's a slick Rain Runner option too, but we've not tested that yet.

VERDICT Affordable price but under-whelming unless you opt for the Rain Runner version.

**PERFORMANCE
VALUE
OVERALL**



Mavic YKSION PRO GRIPLINK/ POWERLINK

£35 mavic.co.uk

Weight 210g Width 24.5mm

Height 23.8mm

MAVIC'S TYRES are designed for collar and cuff syncing with their wheel range, but this evolved front and rear specific set is worth a look on its own. The most noticeable improvement is improved grip in the wet, particularly on the softer compound front. The tougher Kevlar protection strip of the front tyre does mean a harsher ride on country roads, but the back end gets a thinner protection layer for a softer ride under your rump. The logic is that rear punctures are less dangerous than front ones though to be honest we'd rather not have either. The harder rear also rolls faster on road surfaces, but can slip earlier than you expect in corners. They square off quickly but a recently reduced price makes that less of a pain.

VERDICT Grippier than before, but faster wear and average speed.

**PERFORMANCE
VALUE
OVERALL**



Panaracer RACE DURO EVO 2 25C

£39.99 zyro.co.uk

Weight 266g Width 25.2mm

Height 24.1mm

PANARACER'S RACE tyres come in three different versions, with the dependably tough and traction rich Duro looking after winter workhorse duties for the Japanese brand. While the 202g "Light" is significantly undersized, the carcass of the Duro blows up as big as you can expect for most 25mm tyres, and there's a 28mm option if you've got room for it. It's worth getting the biggest you can as the double helping of under-tread "PT belt" sharpens protection. They'll take broken roads in their stride and the domed rough slick tread in Panaracer's Zero Slip Grip rubber compound gives them surefootedness whatever the weather's doing. They do extract a wattage tax on acceleration and speed though so they're best suited to bomb proofing your training rides than race-day use.

VERDICT

Solidly surefooted and very tough training tyre but wooden and wattage hungry.

PERFORMANCE
VALUE
OVERALL



Vredestein FORTEZZA SENSO ALL WEATHER

£45 saddleback.co.uk

Weight 237g Width 23.9mm

Height 23.6mm

THE SENSO series from Dutch brand Vredestein aren't the fastest, but you won't find more surefooted rubber, whatever the weather. The AWS compound is the most recent evolution of their well proven TriComp triple compound rubber with soft and grippy shoulders on the Curve Control carcass mixed with a harder, but still relatively tacky, centre strip. That means loads of confident control whether you're tipping them into a corner or hauling hard on the brakes. It's slightly undersized when measured but doesn't feel it in use, and it's durable in terms of wear and tear and tread life. Rolling speed is definitely muted and resistance to penetration punctures is below average so they're not an ideal choice for racing.

VERDICT

Tough and surefooted but not the most puncture proof option.

PERFORMANCE
VALUE
OVERALL



Giant P-SLR1 25C

£34.99 giant-bicycles.com

Weight 186g Width 23.2mm

Height 24mm

DEVELOPED FOR their own vast range of bikes, Giant's extensive tyre range delivers dependably decent performance at a reasonable price. The Super Light Race tag is a fair one given how quickly these wafer thin tyres blast up to speed whether you're attacking a climb or lighting it up out of a corner. Specific grippier front and harder-wearing rear dual compound mixes mean you can carry that speed into corners aggressively too. That makes them a good choice for tight and twisty urban/short course races whether it's wet or dry. Part of that low weight comes from the fact they blow up more like a 23mm rather than 25mm tyre but they're supple enough to feel good and sustain speed okay over gravel or other grief. Despite the light-weight carcass we didn't have any more punctures, cuts or other protection issues than the average attrition rate during testing either.

VERDICT

Supple, super low weight and tacky front make them a good twisty course option.

PERFORMANCE
VALUE
OVERALL



Michelin PRO 4 SERVICE COURSE 25C

£41.99 bike.michelin.co.uk

Weight 215g Width 25.2mm

Height 25mm

MICHELIN'S SERVICE Course is one of the few tyres on test that actually came up as fat as claimed. They feel beautiful and roll well, as long as you don't abuse them. Despite the full size carcass the SCs are still light for eager acceleration. The bouyant ride feel puts a real spring in their stride too, particularly over rougher road surfaces. Add the supple surface tracking carcass and a grippy Bi-Compound rubber and you can properly slingshot round tight or flat out fast turns in the wet or dry. There's a super tacky grip version for really foul weather too, but that only comes in 23c. The downside is that while cut and puncture resistance has been improved, the sidewalls are still slightly fragile and the tread doesn't last long unless you get the harder wearing, reinforced endurance version.

VERDICT Super supple, fast and confidently grippy but durability ultimately affects value.

**PERFORMANCE
VALUE
OVERALL**



Zipp TANGENTE COURSE 25C

£44 fisheroutdoor.co.uk

Weight 215g Width 23.8mm

Height 23.3mm

YOU'D EXPECT Zipp's own brand tyres to be seriously rapid rubber and they don't disappoint. Just be careful how you go in corners or the wet. Designed as everyday all-rounders of the Tangente range they come with an effective puncture proofing layer under the reasonably durable tread. While they're a way off their claimed 25mm size they feel reasonably smooth on most road surfaces and there's a properly big (29mm wide) 28c option. Their standout characteristic is the obvious increase in rolling speed. At 215g they accelerate up to speed promptly, but how easily they hold onto it is where they really shine. There's a lighter, faster speed version without a puncture layer too. Whichever Zipp's you're on be careful of corners and wet days though, as limited grip means they can slide suddenly if pushed too hard.

VERDICT Quick rolling speed and decent durability but need care in corners or wet conditions.

**PERFORMANCE
VALUE
OVERALL**



Continental GP4000S II 25C

£49.95 conti-tyres.co.uk

Weight 220g Width 24.9mm

Height 24.3mm

WHENEVER WE test wheels we use Continental's Grand Prix 4000S II, simply because they're the best balance of all-round performance and durability for real-world road riding. They've been evolving for years now, with each incremental change adding strength in a different area. They blow up broad and reasonably tall for a really smooth but accurately tactile feed on perfect or pockmarked roads alike. The fast carcass is backed up by the outstanding Advanced Black Chili compound rubber which manages to be both glued into corners but searingly quick in a straight line compared to most competitors. Lightly treaded shoulders let you lean with total confidence in wet or dry and they're impressively durable and long lived for a race tyre too.

VERDICT Unbeaten all round benchmark – quick rolling, comfortable and durable.

**PERFORMANCE
VALUE
OVERALL**



Continental GRAND SPORT RACE 25C

£29.95 conti-tyres.co.uk

Weight 277g Width 24.3mm

Height 23.2mm

The Grand Sport Race tyres are noticeably heavier than the flagship Grand Prix range which well-tuned riders might be able to notice through the pedals. That extra weight buys you stout sidewalls and a NyTech puncture protection layer to keep you safe and inflated on dark and dirty roads during training or if you're racing on rough back roads on events like the Wasdale Extreme. Despite the armoured carcass and relatively small size for a listed 25mm tyre, their rolling feel is supple and comfortable over long distances. Their PureGrip compound is a good balance of reasonable lifespan, easy speed and trustworthy traction for a relatively affordable tyre. It also comes in 23 and 28mm and there are plus 10g lighter "light" and reinforced sidewall "extra" options too.

VERDICT Great balance of grip and durability for training or racing at a reasonable price.

**PERFORMANCE
VALUE
OVERALL**



Clement STRADA LGG 25C

£32.99 2pure.co.uk

Weight 224g Width 24.1mm

Height 23.2mm

The retro-style hot patch might look at odds on a state-of-the-art aero bike and the diagonal chevron tread on the shoulders is a classic old school design too. When combined with a softer outside edge compound it gives consistently confident grip even on dirty winter roads. The slick, harder compound centre strip rolls well and is proving tough in terms of shrugging off cuts and debris on the sets we've been using long term. The 120tpi carcass is supple enough to offset their slightly under-width and definitely under-height size so they stay reasonably comfortable and connected even on acne pocked asphalt. The 28mm version (which is nearer a 26 in reality) adds a more floated ride if you can squeeze it into your frame too.

VERDICT Retro styling disguises thoroughly modern premium performance at a good price.

**PERFORMANCE
VALUE
OVERALL**



Bontrager R4 320 25C

£54.99 bontrager.com

Weight 247g Width 24.5mm

Height 24.4mm

These retro look R4 tyres mix the best of traditional construction and modern evolutions. The skinwall carcass is a flat open tubular style that needs coaxing carefully onto rims when new, but the ultra fine 320tpi carcass is an absolute joy to ride. They blow up pretty close to 25mm too making them the creamiest feeling tyre on test whether you're lucky enough to be on fresh roads or fighting your way across battle scarred black top. Impressively, Bontrager have kept them ultra supple despite having a proper puncture protection layer. The single compound tread is stickier than similarly floated feeling Italian open tub tyres so they can be ridden a lot harder in wet or dirty conditions, and so far they've held up to general wear and tear well. That's a good job given the super high price.

VERDICT Top price but creamy smoothness topped with modern grip and puncture protection.

**PERFORMANCE
VALUE
OVERALL**



Schwalbe ONE 25C

£44.99 bohle.co.uk

Weight 235g Width 24.9mm

Height 24.4mm

SCHWALBE'S ONE is among the best performing race tyres around, with an excellent combination of grip and speed to let you push the pace and your cornering limits. It's not as tough as others though. The Evolution carcass blows up closer to 25mm than most and the rounded profile gives it a really floated, bouyant ride quality that massages speed and reduces fatigue over longer rides. The OneStar rubber is actually a triple compound mix with softer shoulders and a firmer centre over a hard compound base. It gives tons of traction and fine feedback for attacking corners with assured authority whether it's wet or dry too. It's still impressively fast rolling when you're feeding it gears on the flat though and definitely adds a trace of tailwind whether you're climbing or cruising. Puncture protection and resistance to general wear and tear is below par and reduces real world value.

VERDICT Gorgeous ride quality, excellent grip and blistering speed but lacks durability.

**PERFORMANCE
VALUE
OVERALL**



Vittoria CORSA G+ 25C

£54.99 chickencycles.co.uk

Weight 200g Width 25.8mm

Height 24.2mm

VITTORIA RUSHED us these brand new tyres to make final deadline, and they've made a big impression on our test team. Vittoria's ultra fine Corespun 320tpi flat pack carcass can be a faff to fit but gives a sublimely smooth ride quality that becomes more obvious the worse the road gets. The big news with the Corsa G+ is the addition of new wonder micro material "Graphene" to the ISOgrip quad rubber compound. Vittoria claims this increases rolling speed, grip, durability and wear resistance to create the "world's best tyre". Whether it's the Graphene or just the ultra supple, genuinely large volume yet lightweight 200g tyre, the Corsa certainly feels effortlessly fast, and grip is excellent even on storm lashed back roads. What we don't know yet is how long it lasts but it's proved puncture proof so far and sublime, vibration quelling ride quality means we're in no hurry to take them off.

VERDICT Sublimely smooth ride quality and cornering confidence. Unknown lifespan.

**PERFORMANCE
VALUE
OVERALL**



Specialized S-WORKS TURBO 24C

£30 specialized.com

Weight 203g Width 22.5mm

Height 22.2mm

SPECIALIZED'S FLAGSHIP S-Works Turbo tyre is a real speed, grip and responsiveness upgrade compared to most mid price rubber, but it's significantly undersized and doesn't last long either. With a blisteringly fast rolling feel and a weight just over 200g, it'll definitely put some pep in your power stroke. And the combination of very supple carcass and tacky Gription rubber means it's unlikely to skip or spin however hard you kick out of a corner or up a climb. The stippled shoulders are similarly high in adhesion and confidence through corners. It's smaller than its claimed 24mm in both height and width though so it jolts and jumps on rougher surfaces than a full fat tyre and it's more prone to impact punctures. The thin tread layer soon wears so they're best saved for race days.

VERDICT Ultra fast, responsively light, high traction but short life.

**PERFORMANCE
VALUE
OVERALL**



RACE TYRES



Overall verdict

WINNER VALUE

SPECIALIZED S-WORKS TURBO 24C

WINNER PERFORMANCE

VITTORIA CORSA G+ 25C

OVERALL WINNER

CONTINENTAL GP4000S II 25C



THE MAIN lesson to pull from this test is that larger volume tyres really work well. In terms of general training and racing in random weather conditions, they're great. They roll more smoothly over dodgy surfaces and reduce vibration. They handle and corner really well and shrug off impact damage. Specialized's recent £10 price drop puts their super fast S-Works Turbo in top place for the value win, as long as you remember to size up for

proper volume. With so many great tyres vying for ultimate rubber honours, the genuinely standout speed, suppleness and traction of Vittoria's new Graphene tyres is even more impressive and makes them a worthy peak performance winner. However, when it comes to the best balance of high speed efficiency, enjoyably smooth ride quality and cornering confidence Continental's GP4000S II is still the benchmark winner.

Next month Swimming goggles



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Bikes on test

TREK EMONDA ALR 6

£1,400

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£1,279

KINESIS AITHEIN

£1,830

Tech talk

Butting

The process of double or triple-butting an alloy tube involves folding it over at the tube junctions to create a stronger join for less material.

Tapered head-tube

A head-tube that is wider at its bottom than at its top designed to add stiffness when cornering and to keep the overall weight of the frame down.

External cabling

Gear cables that run along the length of the down-tube rather than inside the frame for ease of adjustment and periodic maintenance.

Compact handlebars

Bars that have a short vertical distance from their tops to their drops, requiring less rider flexibility to get into either position.

Mid-compact chainset

A 52/36 chainring set-up, claimed to offer the best compromise between the traditional 53/39 arrangement and a 50/34 compact chainset.

Rear mech

The rear derailleur, responsible for changing gears up and down the cassette. On Shimano road bike gear systems, this is operated by two shifter paddles on the right-hand brake lever.



PERFORMANCE ALUMINIUM

Light weight, sharp-handling and race-readiness is not the sole preserve of carbon road bikes. A growing number of firms offer alloy bikes guaranteed to thrill. Here are three of the best

Words Marc Abbott Photos Stuart Collins

WHILE most of us harbour dreams of owning the lightest, quickest carbon-fibre road bike, we might be well advised to turn our attention to a resurgent frame material, aluminium. A new breed of alloy-framed road bikes are offering even lighter riding packages than their space-age rivals. They're also cheaper for firms to manufacture, allowing them to spec the bike with better groupsets and wheels to offer you a fantastic value-for-money road bike that won't break the bank

(or provoke marital disharmony). The group of bikes we tested cost between £1,279-£1,400.

Modern manufacturing techniques, clever frame design and the use of finishing kit such as carbon seatposts mean that aluminium bikes aren't the boneshakers they once were, either. The three we've tested here are all capable of a long day in the saddle and are even good enough to race. We put them to the test in a series of rapid rides to find out which offers the best performance for the money.

Trek EMONDA ALR 6

£1,400

trekbikes.com/gb/en_GB

Trek know what they're doing when it comes to bikes, but will their alloy offering impress us?

CAPITALISING ON the success of their mountain-ready, super-light, all-carbon

Emonda range, Trek recently unleashed this aluminium version. It's the lightest bike on test and sports a full Shimano Ultegra groupset, making it, on paper at least, a firm contender for the crown combining a high level of performance and exceptional value for money.

FRAME AND FORKS

The Emonda's full aluminium construction utilises what the firm calls "invisible weld technology", making the welds at the tube junctions very hard to spot. This lends the bike a classy appearance. Trek's E2 head-tube at the front end tapers from 1.5" at the bottom to 1 1/8" at the top, for optimum lateral rigidity and weight saving over a traditional set-up. The head-tube measures 130mm in length, making it possible

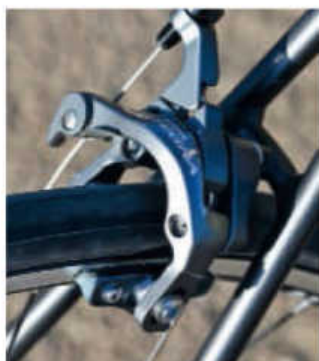
to get into a very aggressive position on the bike, especially if you stack the stem spacers above the stem. A wide, BB86.5 bottom bracket (so named as it's 86.5mm in diameter) gives a solid platform on which to get the power down, while an exaggeratedly ovalised down-tube lends even more stiffness. Cable routing is external throughout, while the left-hand chainstay incorporates a recess for fitting Trek's own DuoTrap cadence/speed/distance sensor. The Emonda ALR frameset is also available to buy separately for £700, should you wish to spec it yourself.

THE KIT

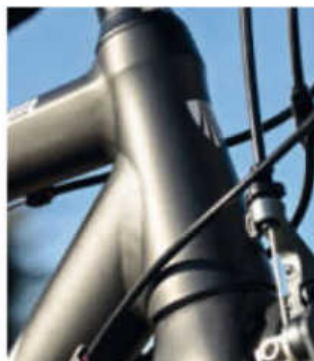
When a bike manufacturer uses Shimano's excellent Ultegra groupset for a build, you'll find the shifters and maybe chainset are complimented by lower-spec components where you're less likely to spot it. Not so on the Emonda – every moving part is Ultegra; the shifters, brakes,



Shimano Ultegra 50/34 chainset is a very decent piece of kit.

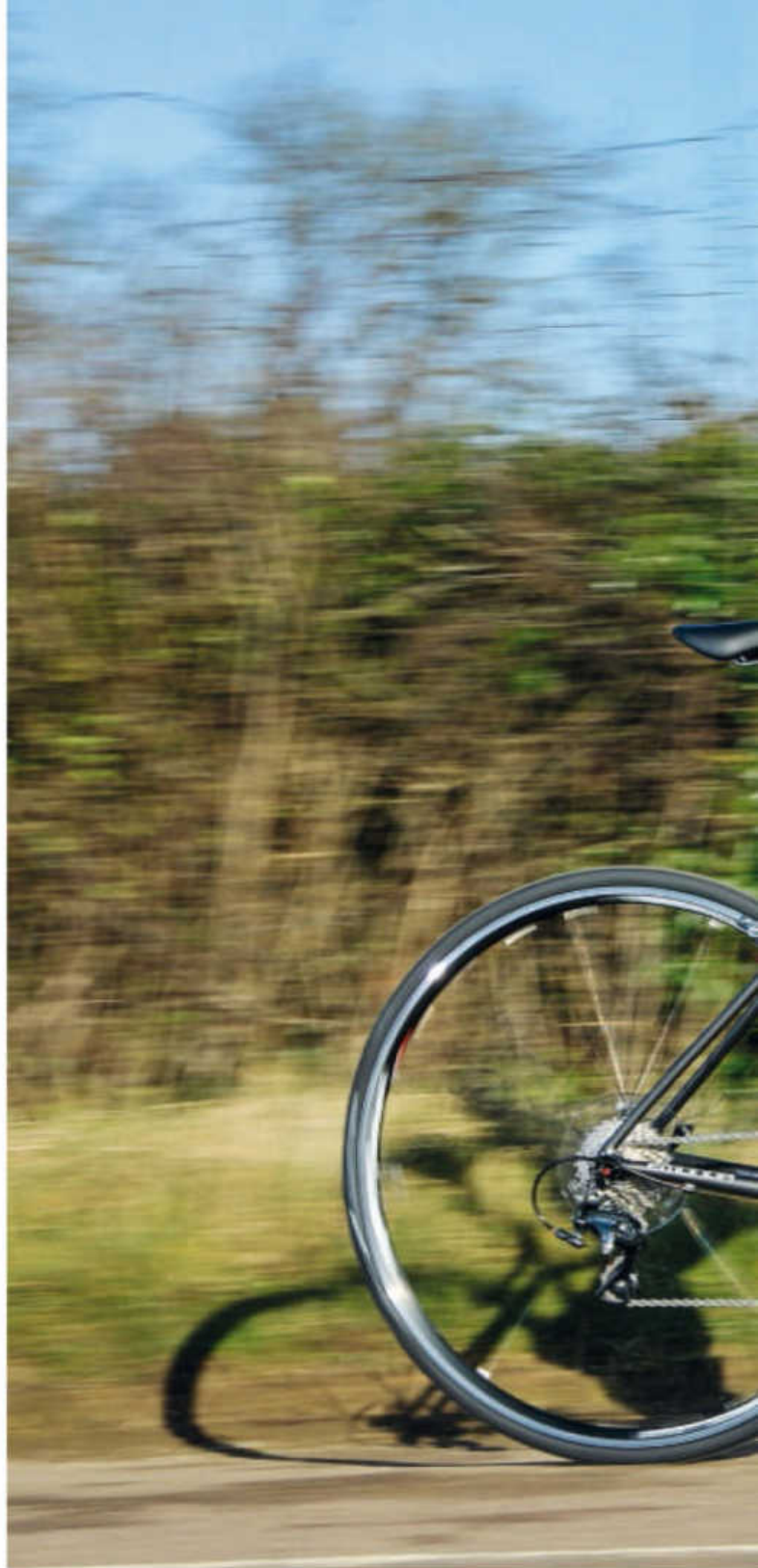


Ultegra brakes are among the best you can get.



Quality of welding is extremely high.

chainset, cassette, even the chain. It's a class act and ultimately slick and efficient in use. The compact, 50/34 chainset is a perfect partner to the 11-28, 11-speed cassette, giving plenty of gear options whether you're climbing a hill or powering along on the flat. Bontrager Race's wheelset is a proven performer and is compatible with tubeless tyre systems (which could save you even more weight on this already svelte bike). Trek is sticking with the 23c





“For the money, the Emonda presents an unbeatable package”

approach with the tyres while many other firms have moved to 25c for less rolling resistance and the ability to run at lower pressures. We’ve no problems with the R2 Hard-Case Lite rubber here, especially when pumped up to 100psi and with a purposeful ride on our minds.

THE RIDE

Given the raison d’être of Trek’s Emonda range, it will come as no surprise to learn the ALR 6 gets our nod as the

climber of the bunch. Although its weight is on a par with the Kinesis Aithein we also tested here, the Trek’s 50/34 chainset makes it a little easier to get up very steep gradients. You could take this bike to the Pyrenees for a week and have a lot of fun powering past carbon bikes on the climbs. Because the geometry is fairly relaxed, the Emonda is all-day comfortable, too, while a carbon seatpost takes a fair amount of buzz out of the ride.

Wider tyres might help, but if you were looking to buy a bike to ride all year round and even tackle a circuit race, this would fit the bill. When we got low down on the drops, the willingness with which it changed direction stood out. It’s assured, light and only a little let down by its wheels – they don’t spin up as quickly as a proper set of racing wheels. For the money, the Emonda presents an unbeatable package.

PROS

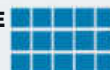
- + Full Ultegra groupset
- + Lightweight

CONS

- Lack of barrel adjusters on cables
- Wheels don’t quite fit the lightweight bill

VERDICT

**PERFORMANCE
VALUE
OVERALL**



With the capacity to be upgraded to be made even lighter. A direct, purposeful bike with high levels of comfort. Devastatingly good value.

BMC

TEAM MACHINE ALR01

£1,279

evanscycles.com

Will this more affordable version of the SLR01 carbon BMC keep us smiling after a long day in the saddle?

IN A SIMILAR vein to the Trek Emonda, BMC's ALR01 is an aluminium version of the firm's Tour de France-ready SLR01 carbon race bike. While the range-topper is designed to rip up mountain switchbacks and endure a six-hour day at the highest level of racing, we were keen to see if the distilled, eminently more affordable ALR01 has what it takes to excite.

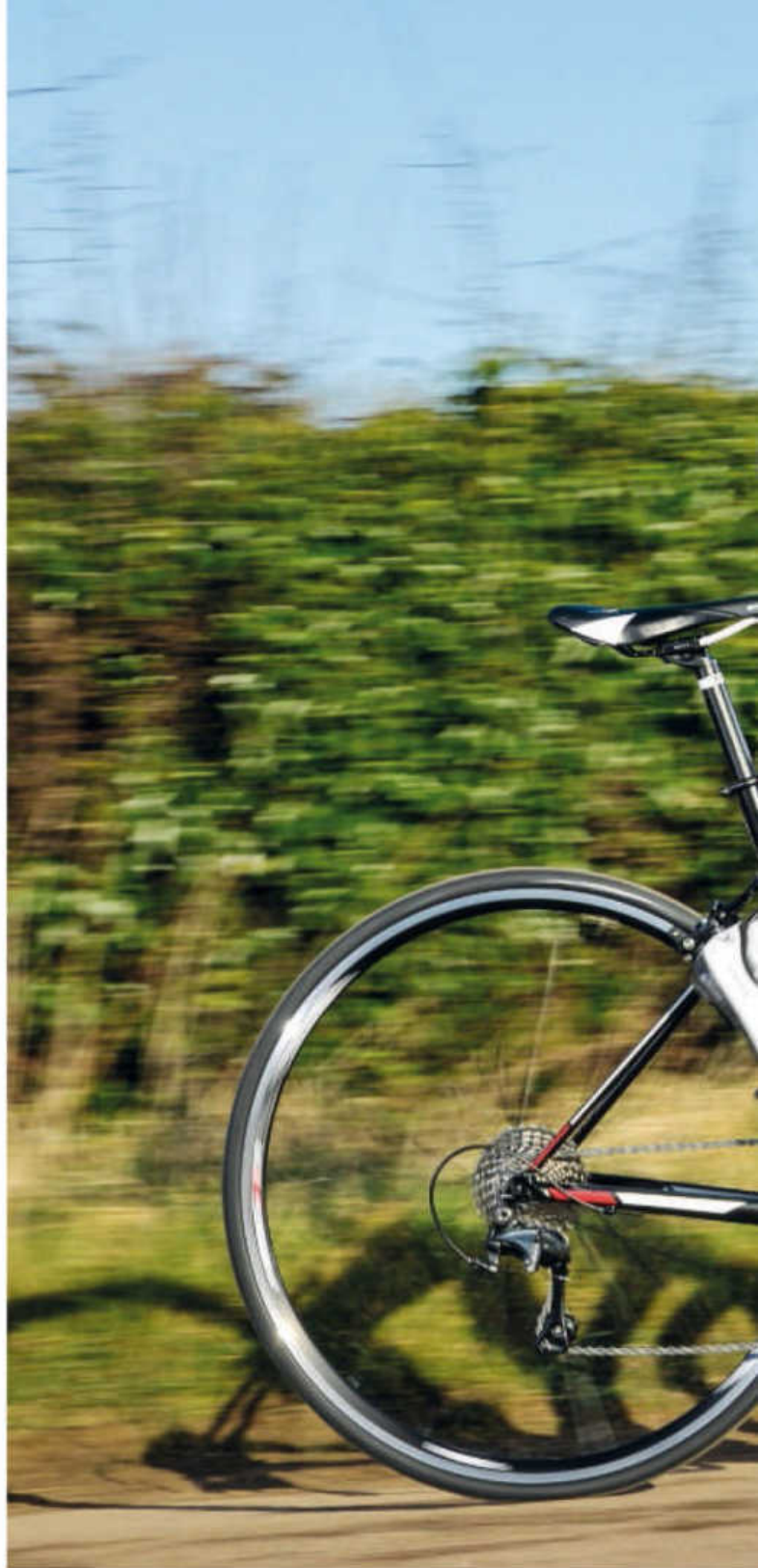
FRAME AND FORKS

The BMC's tubing is triple-buttressed, meaning different thicknesses of alloy are used in different parts of the tubes, making them stronger at the joins without adding to the overall weight of the frame. The geometry of this bike mirrors that of its bigger brother, the SLR01, with the exception of a 7mm taller head-tube, designed to make it slightly more upright at the front end and offer increased comfort. Asymmetric chainstays and an oversized down-tube are designed to

handle pedalling forces better, making for a stiff and accurate ride. This is accentuated by a tapered head-tube, which narrows from 1.5" to 1 1/8". BMC's trademark brace at the junction of the seat-tube and top-tube is there to add structural strength to the construction. Pencil-thin seatstays at the rear end are intended to add an element of compliance to the ride. As with all these bikes, the gear cable routing is entirely external.

THE KIT

While the Trek uses exclusively Shimano Ultegra kit for its groupset build, the BMC employs Ultegra for some of the headline components, but resorts to lower-spec Shimano equipment to keep the overall price keen. Lightweight Ultegra shifters and front and rear derailleurs operate efficiently, while the non-series brakes do take a bit of a tug to bite sharply enough on the rims of the ALR01's Shimano RS11 alloy wheels.



Ultegra logo proudly displayed on the shifters, but not throughout the groupset.



Brace at top-tube/seat-tube junction adds stiffness.



Non-series, five-arm Shimano chainset is used to keep costs down.

A step up from the usual RS10 fare often found on bikes to keep the costs down, these aren't the best hoops in the world. They're durable, fuss-free but are moderately sluggish when you jump out of the saddle or hit a big climb. Shimano 105 is used for the rear cassette, which has the widest spread of gears available from this component range – 11-32. Consequently, the bike does provide you with a very easy lowest gear to haul its relatively sizeable bulk up



“There’s a lovely combination of steering accuracy and comfort to the BMC”

your favourite climb. Continental’s Ultra Sport 2 SL tyres are at the lower end of the German rubber firm’s performance offering, but do provide adequate puncture protection and confidence in the corners.

THE RIDE

There’s a lovely combination of steering accuracy and comfort to the BMC. Despite its slightly higher front end it still whips through corners with vim, while the cleverly

engineered rear triangle and compliant carbon forks soak up a lot of road vibration. If a long ride with some excitement thrown in is what you’re looking for, then it’s a worthy steed. However, overall the ride feels compromised.

The wheels (as is often seems to be the case) let the package down and while there’s ample stiffness in the frame, a full-on sprint gets off to a laboured start. The feeling of being held back continues on the climbs of our test loop,

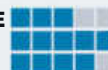
although the extra gears are more than welcome. The issue being that for what’s pitched as a performance bike, it lags a little behind the other two bikes here.

The brakes, while perfectly adequate stoppers, do lack the initial bite of 105 or certainly the Ultegra kit of the Trek. It’s up to you whether you opt for this, the most affordable bike of the bunch and decide to upgrade the wheels later. We can’t deny it’s certainly a tempting option.

PROS CONS VERDICT

- + Most affordable bike here
- + Some flashes of quality kit
- Mix-and-match groupset
- Fairly sluggish wheelset

PERFORMANCE VALUE OVERALL



It doesn’t lack comfort, but isn’t the quickest off the line and would benefit from a more unified selection of components.

Kinesis **AITHEIN**

£1,380

kinesisbikes.co.uk

It's an unashamedly racing-focused British-designed bike

THE BRITISH-DESIGNED Kinesis Aithein is unashamedly aimed at racing, with a focus on its tube and frame design being ultimate stiffness and power transfer. Is this the holy grail of performance aluminium we've been searching for? It's available as a £649 frame-only option or can be supplied with a choice of road build kits. The bike you see here is spec'd with the firm's Shimano 105 kit give or take a few notable substitutions.

FRAME AND FORKS

The Aithein features what the firm calls a "Superplastic Formed" alloy frame with tapered carbon fork. This process of tube construction requires the aluminium to be heated above 450°C, allowing the manipulation of the material to achieve more complicated tube shapes in a thinner construction. Evidenced in the slab-fronted seat-tube, it's proof that

Kinesis is serious about stiffness; it anchors the frame and allows the rest of the tubes to be very light in order to achieve the goal of a responsive yet lightweight race-ready bike. Power transfer is increased further by a BB86 bottom bracket at the base of this rock-solid seat-tube. Stout, splayed chainstays compound the overall impression of instant power, while a tapered head-tube, now de rigueur on many road bikes, allows for a biddable front end. One area in which this frame is bettered by the other two on test is the neatness of its welds; the Trek and BMC's tubes have much neater junctions.

THE KIT

So here's where the Kinesis has another advantage over the other two. The most important difference between the Aithein and its rivals is the use of the firm's own Racelight wheelset. A £300 upgrade, it's very welcome, shaves a little weight off the total bulk of the bike and spins up more willingly than the BMC's Shimano



Tektro long-drop brakes are solid performers.



Super-stiff seat-tube is at the heart of the Aithein's frame.



Kinesis Aon saddle is the comfiest of the bunch.

wheels. The Racelight hoops, like the Bontragers of the Trek Emonda, are tubeless-ready. Their 25c Continental tyres can be run at lower pressures than the 23c tyres of our other two bikes, for a bigger contact patch and lessened rolling resistance. The groupset here uses Shimano's dependable 105 series for the majority of its parts. The shifters, plus front and rear derailleurs and cassette are all 105 equipment, and the 11-28 spread of ratios is very well matched to a 52/36



"Make no mistake, the Aithein lives up to its billing as a bike to race on"

five-arm, non-series Shimano chainset. Not using a 105 chainset helps keep the price of this build down.

THE RIDE

Make no mistake, the Aithein lives up to its billing as a bike to race on. Your purchase decision comes down to whether you're looking for the most direct, responsive bike for circuit racing or whether you need a bike that blends this urgency with a smattering of manners. Out of the saddle

sprints reveal a peppy acceleration as a result of the über-stiff frameset and lighter wheelset, but we did need to have our wits about us as the Aithein's rear end was almost twitchy at times under hard efforts (not a problem on super-smooth tarmac, but given the state of most of the UK's backroads, worth bearing in mind).

Taking the 25c tyres down to 85psi increases ride comfort and if you're looking to spend all day in the saddle,

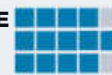
you'll not find a more cosy perch among these three bikes than the Kinesis Aon saddle; it's gentle upward curve at the rear makes it a good choice for long-distance rides.

Precision from the front end is consistently very good, and a measure of vibe-reducing compliance is provided by the tapered carbon forks. Special mention also goes to the effective Tektro brakes; they have plenty of bite and consistency.

PROS CONS VERDICT

- +** Genuinely ready to race
- +** Easily the best wheels on test
- Sometimes stiff to the point of jarring
- You'll need to sharpen your reactions to match the bike's

PERFORMANCE VALUE OVERALL



Definitely a bike you could race, and for a fraction of the cost of a high-end carbon bike. A sharp performer that rewards hard efforts.

Winner

TREK EMONDA ALR6

Triathlon
GOLD
AWARD

THE VERDICT

THE ONE BIKE that meets our requirements of being lightweight enough for any terrain, responsive enough to make quick progress and adequately comfortable for hours on end is the Trek Emonda ALR 6. It's only marginally lighter than the Kinesis, but its sure-footedness and climbing pedigree mark it out as special on a hill. It matches the Kinesis for sprint ability, but with a cossetting nature that allows any rider to put down maximum power. Despite being the most expensive bike on test, it delivers the best value with a full Ultegra groupset and future-proof wheels.

The Kinesis Aithein is the bike to choose if you only want one thing from it – to tackle criterium circuit races. Its performance is super-sharp and offers one of the more affordable entries into racing. We'd go back to it every time we wanted a spirited road ride.

BMC's ALR01, while far from under-performing, is beaten into third place by virtue of the mix-and-match approach to the groupset, its comparatively sluggish wheels, and it weighs almost a kilo more than the Trek Emonda. It's still up for an all-dayer if you're looking for a willing, affordable alloy bike.



THE BIKE TEST SPEC SHEET



Trek EMONDA ALR6

£1,400 trekbikes.com/gb/en_GB

FRAME AND FORK

Size tested 50cm
Sizes available 50, 52, 54, 56, 58, 60, 62, 64
Weight as tested 7.78kg
Frame Ultralight 300 Series Alpha Aluminium
Fork Emonda full carbon

TRANSMISSION

Chainset Shimano Ultegra, 50/34
Bottom bracket BB86.5
Cassette Shimano Ultegra, 11-speed, 11-28T
Derailleurs Shimano Ultegra
Shifters Shimano Ultegra

WHEELS

Front Bontrager Race tubeless-ready
Rear Bontrager Race tubeless-ready
Tyres Bontrager R2 Hard-Case Lite, 700x23c

OTHER COMPONENTS

Stem Bontrager Elite
Bars Bontrager Race
Headset FSA Integrated, sealed cartridge bearings, 1-1/8"-1.5"
Saddle Bontrager Paradigm Race
Seatpost Bontrager carbon, 27.2mm
Brakes Shimano Ultegra



BMC TEAM MACHINE ALR01

£1,279 evanscycles.com

FRAME AND FORK

Size tested 51cm
Sizes available 47, 51, 54, 57, 60
Weight as tested 8.62kg
Frame Teammachine ALR01 TCC, triple butted aluminium
Fork Teammachine SLR03, carbon

TRANSMISSION

Chainset Shimano FC-RS500, 50-34T
Bottom bracket BSA, threaded
Cassette Shimano 105, 11-speed, 11-32T
Derailleurs Shimano Ultegra
Shifters Shimano Ultegra

WHEELS

Front Shimano RS11
Rear Shimano RS11
Tyres Continental Ultra Sport 2 SL, 700x23c

OTHER COMPONENTS

Stem BMC RST 3
Bars BMC RDB 3
Headset Tapered steerer, 1-1/8" to 1-1/2"
Saddle Selle Royal Sirio
Seatpost BMC RSP 3
Brakes Shimano BR-R561



Kinesis AITHEIN

£1,380 kinesisbikes.co.uk

FRAME AND FORK

Size tested 53cm
Sizes available 47, 50, 53, 56, 59
Weight as tested 7.88kg
Frame Superplastic Formed Super lightweight aluminium
Fork Monocoque carbon

TRANSMISSION

Chainset Shimano, 52/36
Bottom bracket BB86
Cassette Shimano 105, 11-28T
Derailleurs Shimano 105
Shifters Shimano 105

WHEELS

Front Kinesis Racelight
Rear Kinesis Racelight
Tyres Vee Apache, 700x25c

OTHER COMPONENTS

Stem FSA, alloy
Bars FSA, alloy
Headset FSA integrated, tapered steerer
Saddle Kinesis Aon
Seatpost Kinesis, carbon
Brakes Tektro



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RECOVERY DRINKS

Which of these six protein shakes best hits the spot after an intensive training session?



1 TORQ RECOVERY £39.99 (1.5kg)

zyro.co.uk Protein per serving: 22g

Torq is a consistent leader in taste when it comes to nutrition products and this was no exception. Serving size depends on your weight, but our 100ml, four-scoop portion was ultimately satisfying. Beyond its impressive protein content, it also gives 66.4g of carbs, absorbed into the body by way of Torq's blend of glucose, fructose and whey protein using natural products and no artificial sweeteners. A 1.5kg resealable bag provides 16 servings for athletes weighing between 50-65kg.

OVERALL



2 SCIENCE IN SPORT REGO RAPID RECOVERY £34.19 (1.6kg)

scienceinsport.com Protein per serving: 13g

Our strawberry flavour SIS shake tastes like a strawberry ice cream with no unpleasant aftertaste, and having a palatable drink is important. A single 50g serving (two scoops of the powder mixed with 500ml of water) provides just 13g of protein but a sizeable 31g of carbs (6.9g of which are sugar), replacing vital energy lost in our workout. It also performs well in the value for money stakes, returning 32 servings from a 1.6kg tub.

OVERALL



3 ELIVAR RECOVER £39.99 (900g)

elivar.com Protein per serving: 27g

Especially formulated for athletes over 35, this shake contains calcium and vitamin D for healthy bones, plus B6 and B12 to boost the immune system. One 65g serving of our chocolate-flavoured shake also provides 28g of carbohydrate to replenish glycogen stores. It has a fairly thin consistency but was very drinkable after a half-hour interval session. The 65g serving is equivalent to three level scoops of the serving implement that comes with it, meaning you get 14 x 500ml drinks from each tub.

OVERALL



4 WIGGLE NUTRITION RECOVERY DRINK £16.59 (1.6kg)

wiggle.co.uk Protein per serving: 17g

Providing 17g of protein for every 66g, two-scoop serving, the Wiggle shake's potential for muscle repair is on a par with the Etixx drink. It also provides a decent-sized, 41g serving of carbohydrates (35g of which are sugar). The strawberry flavour had a thin consistency, but Wiggle recommend using a combination of water and skimmed milk for a thicker shake. It's hard to touch this product for value when a full tub will return 24 servings for just £16.59.

OVERALL



5 OTE WHEY PROTEIN DRINK £28.35 (728g, box of 14 sachets)

otesports.co.uk Protein per serving: 25g

Each sachet provides one serving of recovery shake, with 25g of protein provided by a single sachet. There are also 19.2g of carbs on offer (10.1g of which are sugar). Amino acids leucine and glutamine are present, as are a balance of electrolytes, so you're also limiting losses through sweat. It was easy on the taste buds, although we did suffer from wind later for several hours later and there's only so many times you can blame the dog.

OVERALL



6 ETIXX RECOVERY SHAKE £34.99 (1kg)

etixxsports.com Protein per serving: 17g

Etixx supply dosage guidelines for maintenance training or intensive training sessions. As test conditions included hard interval efforts we followed the former. The six-scoop serving provided 17g of protein to repair muscle, but also a 71g shot of carbohydrate. It tasted like the best chocolate dessert we've ever eaten. However, the 1kg tub will last you only 10 servings (double this for less intensive workouts).

OVERALL

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01

BOLTON TRIATHLON CLUB

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ABOUT THE CLUB

BOLTON TRIATHLON CLUB

**ABOUT THE CLUB**

Our club has always operated under a collective ethos of participation. We always encourage club members to get involved in the operation of the club and its events, alongside their own training and racing. We have grown rapidly in recent years and now have over 300 members. We won the north-west men's club league and junior boys and girls club championships in 2015. We have some top individual performers in our ranks, including GB age-groupers Don Whiley (World Standard and European Sprint Distance Triathlon Championships), Mark Russell (European Sprint Distance Triathlon Championship), and Simon Myers (European Sprint Distance Duathlon Championships).

TRAINING AREA

Bolton Triathlon Club trains at Farnworth pool, Smithills pool and Ladybridge pool and they swim open water at Elton Reservoir, near Bury. Track running sessions are run at Leverhulme Park athletics track, with the club's bike training making the most of the Lancashire



countryside and West Pennine moors' inclines. Each year, the club runs two training weekends in North Yorkshire, at the home training ground of the Brownlee brothers.

MEET THE COACH**Name** Mark Jackson**Specialism** Running/Swimming

Bolton Triathlon Club boasts a team of 11 coaches, of which seven are Level 2, this month led by Mark Jackson. The team members are: Mark Jackson, Nick Jackson, Chris Bibby and Catherine Jones, as well as specialists Faye Jackson, Steve Jones, and Aiden Kane (swimming), Peter Kane and Julia Coleman (cycling), Andy Bassett (cycling and running) and juniors coach Stuart Carter.

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PEP TALK

Curb your enthusiasm

Ironman **Heather Jackson** shares her tips to make sure you don't go off too fast this new season.

As we approach the new season, it is easy to be overcome with enthusiasm and drive, which leads to key mistakes that can not only lead to overtraining, but also lighter wallets with no real performance benefits. Here is Bolton Triathlon Club's top advice for critiquing your effort this year.

DON'T DO TOO MUCH TOO SOON

Recognise that you can't jump from eight hours a week training through the winter to 24 hours in the space of a week without

burning out or injuring yourself. Build up slowly increasing your hours and intensity.

YOU ARE NOT A MACHINE

No one is and if you try to act like one, there is no doubt about it, you will break. Take your time, progress your training and your goals, and most of all learn about your body and what it can handle. Respect your body and treat it with the care it deserves.

YOU ARE UNIQUE

Your body is unique and it may not need or be able to handle the same training as others. Don't get too



Sometimes when we miss our goals it can be disheartening and we lose our love for triathlon as a result. If this happens, step back for a week or two, either completely or just enjoy the process of training freely. Then set new realistic targets for the remainder of the season.

hung up on what your club mates are doing. Learn how to get the best out of yourself, and your race times will reflect this.

EMBRACE REST

If your body doesn't recover you will never improve. Allow yourself to adapt to training by embracing your rest days. Plan for them with other interests, rather than just letting them pass by. Also, consider how taxing your working day is and adapt your training accordingly.

AVOID COPYING THE PROS

Don't wear fluorescent compression socks simply because the kitted-up guy next to you told you they will make you go faster. By the same token, don't spend your family savings so you can afford the latest bike with electronic gears because that's what the professionals have. Do research on the things that are going to give you real gains.

FILTER ADVICE

Getting advice thrown at you from every angle can be a great thing. But it can mean you end up trying to follow it all. Should you be doing a long run or intervals? Sprints or race pace efforts? Think about what you're doing, and take the merits of each approach on board. Apply only those you want to try with a focused approach.

DON'T SKIP THE GYM

Weights, core, strength, and rehab are just as important, if not more so, than just swimming, cycling and running. If your body isn't strong enough to deal with the demands of triathlon, how will it ever be able to consistently complete sessions?

Image Phil Tragen

FOUR FAST FIXES GET FASTER IN EVERY DISCIPLINE WITH THIS MONTH'S TRAINING ZONE

Swim faster by...



Improving your catch **p8**

Bike faster by...



Prepping your bike properly **p11**

Run faster by...



Buying the right trainers **p7**

Race faster by...



Watching your race weight **p12**

YOUR COMPLETE ONLINE TRIATHLON RESOURCE

triradar.com

The screenshot shows the triradar.com website interface. At the top, there's a navigation bar with links: Home, Blogs, Gear, Triathlon News, Pro Triathlon, Triathlon Training, and Magazine. Below this is a secondary navigation bar with links: Tri Bike Reviews, Triathlon Wetsuit Reviews, Best Triathlon Gear Reviews, Triathlon Training Plans, Ironman, and Team Felt Triathlon Plus. The main content area is divided into three columns. The left column features a 'GEAR' section with a photo of a cyclist and a 'Bike Test: Fuji Sportif 2.5' article dated June 23, 2015, with a 4-star rating. Below this is a 'Review: Wahoo KICKR Turbo Bike' article dated June 15, 2015, with a 5-star rating. The middle column features a 'TRIATHLON TRAINING' section with a photo of a swimmer giving a thumbs up and an article 'Triathlon training plan: get your Olympic distance triathlon in the bag' dated June 22, 2015. Below this is a 'Recipe: baked salmon with new potatoes and asparagus' article dated June 16, 2015. The right column features a photo of two people with green gear bags and a 'Bikebox' logo, with text 'Alister Brownlee Olympic, European and Commonwealth Triathlon champion.' Below this is a 'Boost your email open rates: Try the Subject Line Keyword Checker' section with a 'Check a keyword' button and the 'adestra' logo. At the bottom right is a 'HENLEY MILE' logo.

ALL THE NEWS

Keep up to date on developments in the world of triathlon from Ironman to super sprint, world champions to grassroots. You'll find everything you need to stay in touch with the goings on in your favourite sport throughout the on and off season.

ALL THE TRAINING

We've got a heap of training information to build both your speed and endurance, including a host of training plans for all abilities and race distances. Our sport-specific training articles will help you swim, bike and run faster in 2015.

ALL THE GEAR

Whether it's a new wetsuit, pair of wheels or shoes you're after, we've got an ever-increasing archive of reviews from the magazine. Each item is independently tested to help you make the best kit-buying decisions to boost your performance this year.

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**TOP TIP**

Gait analyses can cost money, so look out for shops that offer a free gait analysis if you buy a pair of shoes from them.

QUICK GUIDE

Get your running shoes right

Bolton Triathlon Club's **Mark Russell** provides expert advice on pronation and buying new trainers

If you're serious about running then your next running shoe purchase shouldn't be dependent on the colour or price, but what's best for the type of runner you are.

At first it might seem like a minefield. Words like overpronation, neutral, high arch and so on can put people off delving deeper into the running shoe market. But with a little advice you could be investing in a shoe, which improves your performance and minimises the risk of injury.

Foot pronation is an important factor in choosing the right shoe. Having the right equipment will help you run longer, faster and most importantly, injury free.

WHAT IS PRONATION?

Pronation is the way the foot rolls when you walk and run. It is part of the natural movement that helps the lower leg deal with shock, and occurs at the joint below the ankle just after the foot lands on the ground. Some people pronate more (overpronation) or less (underpronation) than others.

Running shoes are designed specifically for different pronation types. So when you pick your next pair, your pronation type should be a very important factor in your choice.

Choose from four main types:

STABILITY

Recommended for runners who are mild-to-moderate

**YOUR SHOPPING CHECKLIST:**

1. Never buy running shoes without a gait analysis.
2. What will you be using them for? What distances and will they be for racing or training?
3. Tell the shop about previous experience. They will take this into consideration to avoid styles that don't suit you.
4. Try them without socks. Ridges and seams can quickly cause discomfort or blisters.

overpronators and who generally have low to normal arches in their feet. These runners tend to need a shoe with a combination of good support and midsole cushioning.

PERFORMANCE

Recommended either for racing or, if you're biomechanically efficient, for training. They still have support and cushioning, but weighing around 250 grams or less, they tend to be lighter and narrower than other shoes.

NEUTRAL

Recommended for runners who need maximum midsole cushioning and minimum medial support. These shoes are best for biomechanically efficient runners who have only a little pronation in their footstrike.

MINIMALIST

Recommended for biomechanically efficient runners who want maximum response and a stripped-down shoe while retaining a degree of cushioning. These are seen as the mid point between the neutral and performance shoes above.

HOW DO I WORK OUT WHAT I NEED?

The best place to go is a dedicated running shop. Ask if they offer gait analysis – a process where they will put you on a treadmill and analyse your running style through sensors underfoot or via a video recording. From this they will recommend the type of shoe you should be using, removing the need for any guesswork on your part.



HOW TO

Catch the water for more speed

Bolton Triathlon Club's **Mark Jackson** highlights his key drills for improving an often neglected part of your front crawl: the catch

The speed of your swim is largely influenced by the beginning of the propulsive phase – as the hand begins to draw back. This is known as the “catch”, and is vital to swim speed. If the catch isn't strong, you can slip the water, meaning your hand cuts through it rather than pulls through. Adopt these key drills to strengthen your catch and propel you to a more powerful pull.

HEAD-UP

- Swim front crawl.
- Keep your shoulders clear of the water, head looking forward.
- Keep your elbows high, exiting the water first.
- Bring your hand forward with each pull, spearing it into the water.
- The downward pressure as you pull through will be increased.

DOGGY PADDLE

- With your head up and legs performing a front crawl kick, rotate your arms in front of you under water.
- Do not pull further than your chest.
- Return to the start by recovering to the front under water.
- Maintain a fast action to maximise effect.

CATCH-UP

- Swim in a regular freestyle position.
- As you take a stroke with one arm, keep your other arm extended forward in the water.
- Complete the full stroke with your working arm, releasing your other arm by tapping your waiting hand.
- Perform with the other arm and repeat.
- Focus on the point just after the



hands have touched – dropping your hand to move water backwards, accelerating through.

CATCH-UP STICK

- Use an approximately 6 inch piece of plastic tube 2-3cm diameter.
- Exchange the stick from hand-to-hand between each stroke, looking to keep the stick in the same position in front of you at all times.
- Concentrate on hand position at entry and the first moments of the catch, aiming for smooth changeovers and fluid movement.

6 KICKS; 1 PULL

- When you push off the wall, take one underwater pull with your first arm and bring the arm forward slowly from the back of the pull, taking six kicks to do so.
- After six kicks, you should complete the stroke with your first arm.
- Then, start the next stroke on your other arm, over the period of another six kicks.
- Focus again on the changeover between

first and second arm, feeling for the effort required to begin the pull.

BILATERAL BREATHING

- Bilateral breathing means to breathe on alternate sides, every three strokes.
- This will help highlight any weaknesses in the catch of either arm.
- Develop this by using paddles if you're already a comfortable bilateral swimmer.
- Maintain a focus on the initial catch of the stroke, accelerating through the the rear.

SUGGESTED SET

2 x 50 m as:
50m Head up
50m Doggy paddle
30secs Rest

1 x 100m Catch-up/Catch-up stick
10secs Rest
1 x 100m 6 kicks; 1 pull
10secs Rest

Repeat x5

HAND PADDLES

Paddles emphasise the entry and the catch phase of stroke, because they increase the surface area of your hands. This, in turn, increases the force needed to accelerate through the water in the initial catch phase. Consider using them to develop extra strength and awareness of your hand entry and catch.

If you find the paddle flies off, or you feel a lot of pressure, it's likely your initial hand position is wrong. Experiment by tweaking your hand entry and catch until the hand paddle feels less awkward.

Next month in
Triathlon PLUS



Photo: Colin Badwin/Castle Triathlon Series

ISSUE 92 ON SALE **THURSDAY 24 MARCH**

THINK TRIATHLON IS JUST FOR GROWN UPS?

WE EXPLORE HOW THE SPORT IS GROWING IN POPULARITY FOR
THE UNDER 16s AND HOW YOUR CHILD CAN GET INVOLVED

✂

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Plus

Discover the yoga poses every triathlete needs

Meet our first timer tackling the full Iron distance

Tested: goggles, cycling glasses and alloy vs carbon bikes

How to train in the right zone



QUICK GUIDE

Get your bike all weather ready

Still putting off going outside in wintry conditions to save your bike? You don't have to, says Bolton Triathlon Club's **Ian Bury**

Winter road cycling can be very rewarding and helps to alleviate indoor training boredom when the racing season is still a fair while away. Ensuring that your bike's key elements work well when riding in winter is very important and your bike will need a little extra attention to ensure it runs smoothly in these more demanding conditions. Here's your winter tick list for a season full of safe and rewarding rides:

CHANGE YOUR TYRES

Tyre choice is really important in winter so it's time to put

your skinny race tyres to one side and replace them with wider, more puncture resistant tyres (see our tyre test on p60). Most bikes have clearance for 25mm tyres, sometimes more. Also, reduce your pressures to around 80psi to suit the rougher, slippier road conditions, and be sure to check for cuts, splits and bulges before each ride.

SAVE YOUR WHEELS

Wheel rims wear through in the winter far more quickly because the road grime acts as sandpaper when braking, so fit a cheap pair of trainer wheels that usually feature tougher rims to minimise

the cost. Check that the spokes are tight before each ride (you can do this by rotating the wheel and gently feeling spoke tension with your fingers). While you are there, make sure they are firmly fastened in at the wheel axle, too.

INVEST IN SOME MUDGUARDS

A winter cyclist's friend is the humble mudguard because it keeps you and your riding partners dry. Your kit will last longer and your bike will take much less cleaning come the end of your ride. Some bikes don't have clearance for fixed full-length mudguards, but simpler fitting options are also available and do a decent job.

MAINTAIN YOUR BRAKES

Check that your brakes are adjusted centrally and have plenty of pad available. You should also make sure your levers don't touch the bars when pulled. A quick adjustment of the barrel adjuster on the cable should solve this if this is occurring. Also ensure that everywhere the cable touches the frame is lubricated with a Teflon lubricant to avoid any sticking.

LOOK AFTER YOUR GEARS

Ensure that your gears are indexed and well lubricated for efficient shifting. If the cables have kinks or are splitting or fraying, change them out. Also, make sure the chain is well oiled with a wet lubricant, but don't go mad: just making sure the chain isn't dry and wiping off any excess is fine.

DON'T FORGET YOUR LIGHTS

Even if you're riding in sunny weather, the low sun means that visibility can still be an issue for other road users. Attach lights with fresh batteries and have them on regardless of the light conditions.

**SOS KIT**

Pack an SOS bag
Two tubes, a patch kit, split links, a multi tool and a pump are key essentials.

Clean up
After each ride, make sure you clean your bike! This is easiest when it's still wet as the dirt will rinse straight off. Check for damage or faulty parts when it's clean.



FUNDAMENTALS

Make gains by dropping pounds

Your weight is important to your performance and wallet, says **Nicholas Jackson**. Here's how to race lighter in 2016

People spend thousands of pounds on a bike or hundreds on an aero helmet, yet a much cheaper way to improve performance exists: controlled weight loss.

WHY SHOULD I PAY ATTENTION TO MY DIET?

If you have a machine that's relatively lightweight and works well, it's only as good as the engine powering it. Spending another grand to shave off half a kilogram is not worth the money

when you can potentially lose 10kg yourself.

Generally we find most people can lose some weight as part of a structured training plan, and this will inevitably improve performance. The bottom line is it will increase your power-weight ratio, making you faster and more efficient.

THE ISSUE OF CARBOHYDRATES

There's a lot of talk around carbohydrate intake. It's a fact that your body can only process

about 60g of carbohydrate per hour, and anything extra on top of this will be stored as fat. As a result, your non-lean weight may increase.

When you're in a training programme designed to help you achieve "race weight", it's important to take notice of how you feel and adapt to that. If you feel weak or are struggling for energy during a workout, then it's far better to eat than to fast – not eating enough simply leads to burnout and potentially illness and injury. Remember, your metabolism will be raised post-training, continuing the calorie burn effect.

In general, stick to low Glycaemic Index (GI) carbohydrates such as wholemeal bread, pasta and oats to aid your general weight goals because they'll keep you satiated for longer, meaning you won't want to keep returning to the fridge for more snacks.

USEFUL PROTEIN

Protein is very useful in curbing hunger because it has the effect of making you feel fuller as your body takes longer to break it down compared to simple sugars (much like we see with low GI carbohydrates).

Tweaking your meal contents to include a source of protein, as well as lots of vegetables (also low GI) and a small portion of carbohydrates will pay dividends in the long run.

DON'T IGNORE FAT

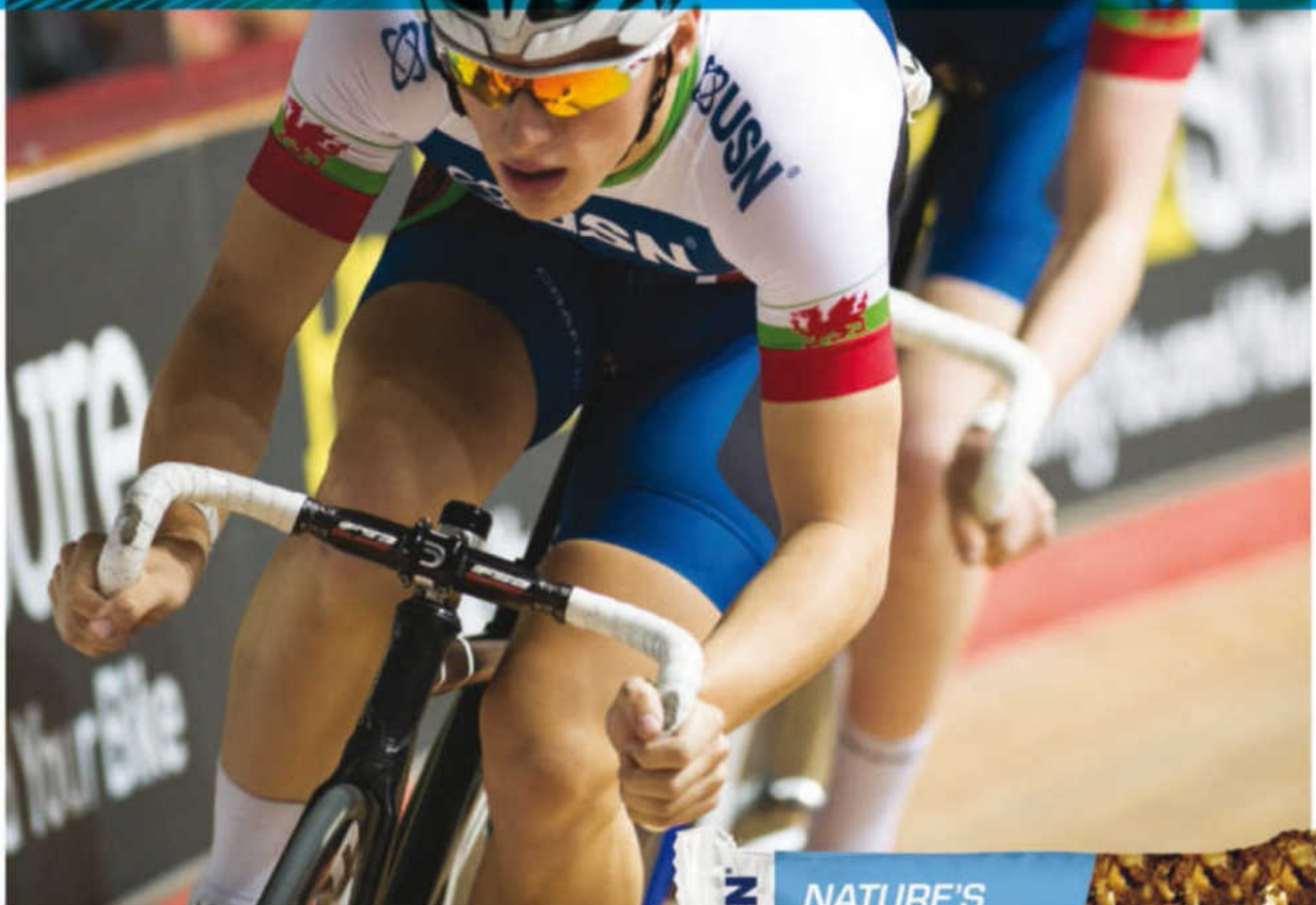
Fat should not be neglected, but bear in mind you get over twice the energy per gram from it as you do from carbohydrate or protein. This is what causes weight gain, because relatively quickly your calorie intake can rise above what you're actually burning. As a healthy rule, stick to mono- or poly-unsaturated fats where possible, as these can be metabolised easier and have key functions for your general health.



EVERYDAY EATING TIPS

- **Slow down.** Your brain doesn't register you've eaten immediately, so give it time to catch up.
- **Drink water.** It helps with hydration which maintains your metabolism.
- **Eat small, regular meals.** Have smaller meals with two snacks in between to maintain your metabolism and reduce metabolic slumps and fatigue.

REFUEL NATURALLY.



**FUEL YOUR PASSION NATURALLY.
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Nature's Energy Bar is available as a delicious snack in 30g and 50g bars, comprised of 17% protein and deliver's a healthy source of fibre.

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